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**Exploring the psychological impact of miscarriage:  
Qualitative analysis of email messages contributed by women contacted  
through pregnancy forums on the internet**

**Lesley Carr**

**October 2011**

**Dissertation submitted to the University of Chester for the  
Degree of Master of Science (Psychological Trauma)  
in part fulfilment of the Modular Programme in Psychological Trauma**

## Abstract:

**Aims:** To explore women's experience of miscarriage with particular interest in: the presence of trauma responses post miscarriage; sources of social support and the impact of e-communication.

**Methods:** A qualitative approach was used to analyse 26 messages written to the author in response to a request posted on 9 parenting - pregnancy e-forums. A data analysis software package (MAXQDA10) was used to conduct both a deductive and inductive analysis of themes developed from the participant's narratives of their miscarriage experiences.

**Results:** Deductive analysis of the data indicated that a significant number of the symptoms in the behavioural, physical and emotional domains (Bowes et al 2000) were referenced in the data. Specific references to the cognitive domain, as proposed, were however absent on this occasion. Results from the inductive analysis indicated that anxiety featured strongly in the '*aftermath*' phase and in the '*early weeks*' phase for those with prior experience of miscarriage. Women felt vulnerable and powerless on '*finding out*' about the loss and coping with procedures associated with involuntary pregnancy loss (IPL). Confusion caused by chaotic emotional responses arose as a theme at the point of '*finding out*', but continued and deepened through the '*miscarriage experience*' and the '*aftermath*'. The need for information and sensitive support was a recurrent theme from the point of '*finding out*' onwards. During the '*aftermath*' and '*reflection*' phases, 'trying to make sense of' or integrate the experience was a common theme. Some had achieved this while others had not and some were not at a point in their journey (at the time of writing) where they were able to reflect upon their traumatic loss. The trauma responses experienced by this group of women are evident throughout the data and the impact of the research on the author confirms that a good level of self-care is needed in conducting research on this topic. Some recommendations for future research are suggested including the need to explore trauma responses further with miscarried women as well as their preferences in terms of support at stages of the '*miscarriage journey*'.

**This work is original and has not been submitted previously in support of any qualification or course.**

Signed: L Carr

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## **List of Abbreviations**

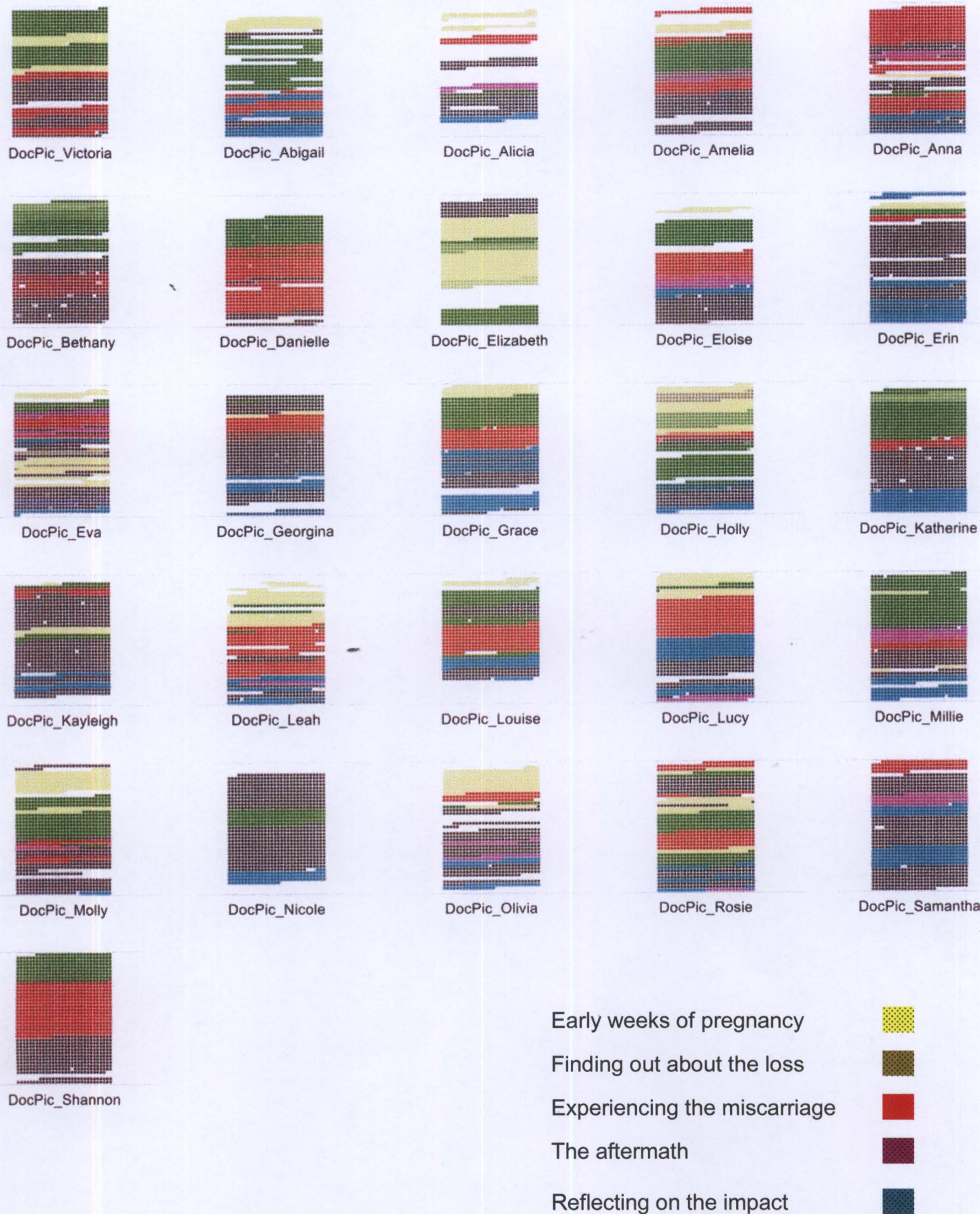
ASD	Acute Stress Disorder
BPS	British Psychological Society
BUPA	British United Provident Association
D & C	Dilation and curettage
DSM IV-TR	Diagnostic Statistical Manual (4 <sup>th</sup> Edition) -Text Revised
ERPC	Evacuation of the remains of the products of conception
ESG	Electronic support group
ESTSS	European Society for Traumatic Stress Studies
GP	General Practitioner
IPL	Involuntary pregnancy loss
MAXQDA10	MAX Qualitative Data Analysis (software)
NHS	National Health Service
PTSD	Post-traumatic stress disorder
UKPTS	United Kingdom Psychological Trauma Society

**Figure 1:** Bitmap images of documents produced by MAXQDA10 using the coding system as developed by Bowles et al (2000) – deductive analysis





**Figure 2:** Bitmap images of messages produced by MAXQDA10 indicating type, frequency and location of coded units – inductive analysis



## **Chapter 1: Introduction**

Grief and trauma responses following miscarriage are often under recognised and remain untreated. Research suggests as many as 20% of all pregnancies do not progress to term (Warsop, Ismail, & Iliffe, 2004). One wonders what the immediate and longer term psychological impact of miscarriage might be. Could a lack of public acknowledgement of the loss and the consequent inadequacy of social support delay or prevent recovery of function for a significant number of miscarried women?

In daily life we express sympathy when we hear of disturbing incidents, distress and losses. The social support, which is manifest in these exchanges, is positive and usually helpful. We instinctively sense that support from family, friends and others is vital in the recovering from loss / trauma. Miscarriage however, is infrequently mentioned and the significance of the loss incurred is probably underestimated. This 'conspiracy of silence' could have far-reaching psychological implications for a significant number of individuals, as miscarriage occurs very frequently in the general population, as many as one in five conceptions (Lee & Slade, 1996).

The internet provides a new and unprecedented source of access to interactions, information and opinions and an opportunity for researchers to gain practicable insight into the multitude of everyday exchanges e.g. messages, blogs, tweets etc. Forums on the worldwide web appear to be limitless in terms of membership and range of interest. Many forums have been developed for parenting and pregnancy issues. Reproduction, the joys, problems and practicalities associated with this basic human function represent a sizeable proportion of that electronic interaction and information sharing. With improved public access to electronic communication, the

development of 'e-communities' and 'social networking', it appears that a number of women who have miscarried may now be turning in that direction, possibly seeking an opportunity to share their very sad experience and perhaps gain relief in the development of their own narratives of miscarriage. Writing can be a therapeutic act in itself (Pennebaker, 2004) and sharing writing anonymously with others may be a new way of securing social support and recognition of the loss without fear of stigma or social censure.

The purpose of this study is to gain insight into women's journey through miscarriage and what happens if that journey is re-experienced. What helps and hinders during this difficult time? Where can support be found and when is it most needed? Every experience of miscarriage is unique, but there may be common themes, which can be considered representative to some extent. Using thematic analysis, the author will explore recurrent themes in the messages, while, at the same time, noticing the themes which are less common and hint at the severity of the trauma experienced by some of the contributors. Results from this study will inform the redevelopment of training sessions originally developed for Children's Centres in the North West region focusing upon bereavement, loss, trauma and the special case of miscarriage.

## **Chapter 2: Literature Review**

### **Structure of the review**

In this review of the literature, miscarriage frequency, rates and definitions of terms are considered. The review offers a summary of research findings regarding women's response to miscarriage – grief and loss, anxiety, depression - as well as emotional and trauma responses that may follow. Miscarriage impacts upon the whole family but this study focuses upon the miscarried woman's perspective. This is the result of limit of space available and does not imply that the impact upon others is unimportant. The review also covers: the impact of pregnancy following miscarriage; the importance of social support and the 'silence' often accompanying miscarriage; perceptions of professionals; increasing use of electronic communication and writing as a therapeutic activity. Four key studies of miscarriage experience are summarised.

### **Frequency**

Many studies confirm a high level of miscarriage frequency in the general population: (between 18% and 24%, Bowles, et al., 2000; from 12% to 15%, Boyce, Condon, & Ellwood, 2002; 20%, Renner, Verdekal, Brier, & Fallucca, 2000; 20%, Warsop, et al., 2004). Once confirmed there is approximately a one in five chance of miscarriage i.e. loss of pregnancy within the first three months (Lee & Slade, 1996; Royal College of Obstetricians and Gynaecologists, 2008). However, Wright considered 20% an underestimate as it included only clinically diagnosed pregnancy (Wright, 2011) and it is now possible to become aware of a pregnancy much sooner than this. Aware of a probable underestimate, Murphy and Merrell noted that between 15% and 20% of all

pregnancies miscarried, posing a major health issue resulting in 50,000 in-patient admissions to hospital in the UK annually (Murphy & Merrell, 2009).

### **Inconsistency of terms**

Terminology is inconsistent in health practice and in research regarding miscarriage. The British United Provident Association Limited (BUPA) defined miscarriage as a pregnancy which ends prior to 24 weeks (BUPA, 2009). Bowles and colleagues used the term spontaneous abortion to refer to a pregnancy loss before the twentieth week of pregnancy (as cited by Bowles, et al., 2000) though Friedman and Gath (1989) defined spontaneous abortion as the loss of pregnancy within the first / second trimester (as cited by Wright, 2011). Perinatal loss was a descriptor used for the loss of a pregnancy from 20 weeks onwards and up to seven days after the birth (Toedter, Lasker, & Alhadeff, 1988). However, according to Callister 'perinatal loss' included "...miscarriage, ectopic pregnancy, stillbirth, neonatal death, and other losses" (Callister, 2006, p.227). Others refuse to use the term 'perinatal loss' as "...it scientises women's experience of loss in a way that does not represent the intensity or trauma of this profound experience" (Caelli, Downie, & Letendre, 2002, p.127). This variation in terminology makes comparison and evaluation of results difficult, as one cannot rely upon the actual meaning of descriptors used. Van and Meleis developed their own term of 'involuntary pregnancy loss' (IPL), to refer to: miscarriage; ectopic pregnancy; foetal death and stillbirth (Van & Meleis, 2003, p.28). This seems to be a useful definition and will be used interchangeably with the term 'miscarriage' in this paper.

## **Responses to miscarriage - Grief and loss, anxiety and depression**

### *Grief and loss*

Research suggests that grief after miscarriage is similar to grief after the death of a loved one (Adolfsson & Larsson, 2010) and is independent of age or number of miscarriages (Neugebauer, 2003). Bliss-Holtz (1991) found that each trimester of pregnancy may involve different tasks which cumulatively contribute to the bonding process (as cited by Keefe-Cooperman, 2005) and Bakermans – Kranenburg concluded that pregnancy assumes more “reality” as it progresses (Bakermans-Kranenburg, Schuengel, & Ijzendoorn, 1999, p.166). Others have observed that the strength of attachment is not dictated by gestational age (Bennett, Litz, Lee, & Maguen, 2005) and, intuitively, this seems to be a more acceptable stance as individuals will have diverse perspectives of their pregnancy and its meaning for them even prior to conception.

Reviewing literature on grief following miscarriage, Brier finds scarce research in the area, despite research interest over time in the area. Grief reactions post miscarriage are as intense as those described following other significant losses (Brier, 2008) who emphasises that grief following miscarriage is a response to a symbolic not an ‘actual’ loss, referring to the “... strong sense of yearning for an anticipated, mostly imagined relationship following miscarriage” (Brier, 2008, p.453). This relationship is longed for, anticipated and desperately sought and one can appreciate the degree of loss and depth of emotional response which can last for years (Buchi, et al., 2007). Loss which persists following miscarriage is termed ‘unresolved’ (Bakermans-Kranenburg, et al., 1999, p.157) but can also be seen as a ‘continuing bond’ (Davies, 2004, p.509).



Researchers have shown interest in different types of grief. Bonanno and Kaltman compared 'normal' and 'chronic' grief reactions, concluding the very small percentage who experienced the latter could be described accurately by diagnostic categories in existence (Bonanno & Kaltman, 2001). Horowitz and colleagues concluded that a distinct diagnosis for 'Complicated Grief Disorder' was justified, suggesting that criteria for this would include:

...the current experience (more than a year after a loss) of intense intrusive thoughts, pangs of severe emotion, distressing yearnings, feeling excessively alone and empty, excessively avoiding tasks reminiscent of the deceased, unusual sleep disturbances, and maladaptive levels of loss of interest in personal activities (Horowitz, et al., 2003, p.295)

Dillen and colleagues demonstrated that normal grief differed distinctly from abnormal or complicated grief with the exception of 'yearning' (Dillen, Fontaine, & Verhofstadt-Deneve, 2008). It seems that many studies such as Bonanno et al in 2007 and Boelen and van den Bout in 2005 (as cited by Dillen, et al., 2008) have confirmed the validity of a category of complicated grief (CG) "...by showing that symptoms of CG constitute a uni-dimensional symptom cluster that is distinct from other bereavement-related distress forms and that predicts enduring functional and health impairments" (Dillen, et al., 2008, p.386). In 2004, Lichtenthal and colleagues also recommended a diagnostic category of complicated grief. They noted that complicated grief resolved slowly and could persist for many years if untreated (Lichtenthal, Cruess, & Prigerson, 2004). O'Connor and colleagues which compared components of complicated grief

and post-traumatic stress, finding significant overlap (O'Connor, Lasgaard, Shevlin, & Guldin, 2010).

### *Anxiety*

In her literature review, Geller found there was an increased risk of anxiety immediately and up to four months after miscarriage, results becoming inconsistent after that (Geller, Kernsa, & Klierb, 2004). Brier reports a high level of anxiety in addition to depression resulting from the suddenness and pain of the event (Brier, 2004). Vithyilingum noted many women suffered from an existing or new anxiety disorder during pregnancy and postnatally (he calls this the perinatal period) so the potential for developing an anxiety disorder following miscarriage, especially during subsequent pregnancies, was significant (Vythilingum, 2008).

### *Depression*

In 2000, Swanson found those most at risk of depression after miscarriage to be "...those who attribute high personal significance to miscarriage, lack social support, have lower emotional strength, use passive coping strategies, have lower incomes, and do not conceive or give birth by one year after loss" (Swanson, 2000, p.202). Neugebauer explored causes and levels of depression in miscarried women and a control group. He found that miscarriage affected women who had prior experience of IPL excessively (Neugebauer, 2003). The impact of prior pregnancy loss follows a consistent pattern of anxiety and depression continuing even after a subsequent successful pregnancy (Blackmore, et al., 2011). This has importance in terms of health outcomes.



### *Emotional responses and needs*

Understandably, as in this study, there is a research focus upon women's responses. A wide range of emotional response post miscarriage has been noted (Bowles, et al., 2000; Callister, 2006; Van & Meleis, 2003) and many studies report a distressing cocktail of emotions akin to those experienced following other types of bereavement (Adolfsson, 2006) . A questionnaire survey was used to explore women's well-being in the first trimester post miscarriage in a clinic setting (Warsop, et al., 2004), and online questionnaires have been used to assess problematic emotions of envy, jealousy, shame and guilt following miscarriage (Barr & Cacciatore, 2008). There has been a focus in research upon the presence of grief, anxiety, and depression as opposed to emotional response and effective intervention. However Corbet-Owen and Kruger considered emotional needs of miscarried women finding that the meaning placed upon the pregnancy is pivotal in determining the loss response (Corbet-Owen & Kruger, 2001). Wright suggests "A grounded theory, derived from the words of perinatally bereaved women, is urgently needed to form a basis for effective interventions and to unify the extant perinatal loss research" (Wright, 2011, p.9).

### **Miscarriage as a traumatic event**

Can miscarriage be traumatic even though it happens often and to many? Researchers have found that life events e.g. divorce, unemployment etc. can generate at least as many trauma responses as events 'recognised' as traumatic (Mol, et al., 2005). Vithylingum concluded that childbirth per se is an event sufficiently stressful to trigger post-traumatic stress disorder (PTSD) (Vythilingum,

2010), which is incongruous, given the positive hype afforded to pregnancy by the media and by society generally.

In 1996, Lee and Slade deplored the research focus on grief and loss following miscarriage and recommended intervention derived from trauma research (Lee & Slade, 1996). The connection between miscarriage and trauma has only recently been of interest with studies finding that early pregnancy loss could be classified as traumatic: long lasting and high levels of anxiety persisted in some cases (Walker & Davidson, 2001); 11.4% of the sample had considered suicide following miscarriage and 1.8% had tried (DeFrain, Millspaugh, & Xie, 1996); 10% of women who miscarried met the criteria for Acute Stress Syndrome (ASD) and 1% for PTSD (Bowles, et al., 2006); responses of the miscarriage group were like those who have had a sad or traumatic event (Broen, Moum, Bodtker, & Ekeberg, 2005; DeFrain, et al., 1996); peritraumatic dissociation was reported by 70% post pregnancy loss and, one month after the loss, 25% of participants met criteria for a PTSD diagnosis (Engelhard, van den Hout, & Arntz, 2001). Brier urged practitioners to be aware of possible longer term support needs including PTSD (Brier, 2004). There does not seem to have been much research to date into miscarriage and post-traumatic growth / resilience following miscarriage but Buchi and colleagues researched the former, finding that mothers showed more post-traumatic growth (and more intense grief) than fathers, even years after the event (Buchi, et al., 2007).

Bowles and colleagues sought a causal link between miscarriage and PTSD by classifying bereavement responses in terms of diagnostic criteria for acute / posttraumatic stress disorder. Their data was drawn from a review of the literature and it is not entirely clear how much access was available to the detail of studies included. They concluded that "...Indeed, the similarities between descriptions of

bereavement in spontaneous abortion and those of ASD or PTSD after spontaneous abortion are often striking and only distinguishable by careful review of the diagnostic criteria in the DSM-IV” (Bowles, et al., 2000, p.4).

### **Pregnancy following miscarriage**

Cote-Arsenault and colleagues, analysing the content of convenience sample data, found that ‘anxious’ was the most dominant emotion reported during subsequent pregnancy. The writers added, “Single emotions do not portray the holistic experience of each woman during her pregnancy because the experience of pregnancy after loss encompasses diverse and shifting feelings” (Cote-Arsenault, Bidlack, & Humm, 2001, p.133). In 2001, Franche found that increased time between miscarriage and subsequent conception predicted grief levels for women and that the gestational age of the foetus at time of miscarriage reliably predicted increased grief during a subsequent pregnancy (Franche, 2001). Caelli and colleagues found that the experience of pregnancy following miscarriage could be fraught with fear and anxiety (Caelli, et al., 2002). Others observe that the experience of miscarriage can lead to higher levels of pregnancy-related fear and state anxiety (Fertl, Bergner, Beyer, Klapp, & Rauchfuss, 2009).

### **The importance of social support**

Hutti, citing Hupcey (1998) and Logsdon (2003), defines social support as “...a willing, well-intentioned action that is given to a person with whom there is a personal relationship and that produces an immediate or delayed positive response in the recipient” (Hutti, 2005, p.632). Support received from family and friends is vital in recovery of function following loss / trauma (Brewin, 2003; Ursano, Grieger, & McCarroll, 2007; van der Kolk, McFarlane, & Weisaeth, 2007), especially once

medical care ceases (Renner, et al., 2000). However, western society tends to ignore miscarriage and underestimate the significance of the loss. This conspiracy of silence (Bansen & Stevens, 1992; Frost, Bradley, Levitas, Smith, & Garcia, 2007; Hutti, 2005; Lovell, 1997; Reinhartz, 1988; Renner, et al., 2000; Wojnar, Swanson, & Adolfsson, 2011; Wright, 2011) has far-reaching psychological implications for many.

It is common for others to belittle loss through miscarriage and “to imply [the individual] was making a fuss” (Riches & Dawson, 2000, p.141). In discussion with others while completing this work, it has become apparent that a phrase often used in an effort to comfort is “You are young enough to have another one!” Societal silence serves to hinder the development of natural ‘scripts’ or ‘rules’ which would help the development of rituals and refine supportive approaches (Renner, et al., 2000). Silence, sadly, also ensures that many women remain unprepared (both emotionally and physically) for a highly likely negative outcome of their pregnancy.

### **Contact with professionals**

Sometimes women feel isolated and unsupported following miscarriage. Frost and colleagues researched how ‘scientisation’ of miscarriage isolates the bereaved and makes early miscarriage a distinct form of loss (Frost, et al., 2007). Warsop and colleagues reported that miscarried women were dissatisfied with the health system and level of emotional support received (Warsop, et al., 2004) while a ‘Mumsnet’ survey in 2010 provided recommendations for the National Health Service (NHS) in the form of a Code of Practice (Mumsnet, 2010). McVeigh, studying perinatal loss in Northern Ireland, found that women still often described experiences of miscarriage as being overly medicalised:

Pregnancy loss is more than a medical experience, and the way in which the event of a baby's death, whether by miscarriage or stillbirth, is socially constructed and acknowledged, is crucial in helping women come to terms with their grief (McCreight, 2008, p.15).

Being able to share a traumatic experience with someone who was present or who has had direct experience of miscarriage can be therapeutic. Caelli and colleagues note that "...for all of the participants, the single, most important factor in 'what made a difference' was the midwife's ability to listen, truly hear and understand their experiences and communicate empathy" (Caelli, et al., 2002, p.135). Callister celebrates increased acknowledgement of the impact of perinatal loss and the enhanced attention given to the importance of quality nursing interventions that offer more than medical care post event (Callister, 2006). The role of health professionals in helping women navigate their transition through miscarriage is crucial (Murphy & Merrell, 2009). Davidson considers the impact that technology has in cases of childbearing loss, noting that the high level of technological care may distance support, recommending: "...'high-touch' care, which is compassionate care that involves attending to women's social-emotional needs in the biomedical high-tech arena of the hospital". It involves mediation between high technology and social-emotional need (Davidson, 2008, p.279). Davidson urged a renewed focus on the relationships between caregiver / patient, mother / child. This encourages a focus on the emotional as well as physical impact of miscarriage though physical care is still crucial and training to reduce pregnancy related fear which could prevent women needing further medical treatments and care is urged (Fertl, et al., 2009). Smith and colleagues' explored women's views of three types of miscarriage management i.e. expectant, medical or surgical (Smith, Frost, Levitas, & Garcia, 2006) and provide a

compelling reminder of the importance of offering treatment choice to those already feeling disempowered. Professionals who are prepared, knowledgeable and sympathetic to the needs of those affected by miscarriage can offer significant support.

Parents experiencing pregnancy loss naturally seek a cause (Jind, 2003; Nikcevic, Kruczmierczyk, Tunkel, & Nicolaides, 2000) and could benefit from sensitive 'educational' opportunities following the event (Wright, 2005). Though not specifically referencing miscarriage, Wass notes that health professionals and grief counsellors receive insufficient training in death education, adding "There is need for improved integration of the knowledge accumulated in the study of death, dying and bereavement into the basic curricula of the parent disciplines and professional schools" (Wass, 2004, p.298). The Stillbirth and Neonatal Death Society also advocates the need for training for health professionals and others involved in supporting post pregnancy loss (Schott, Henley, & Kohner, 2007).

## **E-communication**

In 2010, 30.1 million adults in the UK, accessed the internet daily or nearly every day and 43% of internet users posted messages to social networking sites, chat sites, blogs (Office for National Statistics, 2010). This represents 60% of the population and confirms the mainstream status of the web as a communication tool as well as a recent meteoric increase in the use of e-communication. This has caused a growth spurt in the range and quality of research activity now possible using analysis of data made available on websites, discussion forums, blogs etc. At a time when a decline is reported in the availability of traditional sources of support – family and community (Riches & Dawson, 2000), social scientists have seized opportunities to investigate a

wide range of social e-phenomena including: creation of memorials for deceased relatives (de Vries & Rutherford, 2004); social processes of online communities (Gruzd & Haythornthwaite, 2008); usefulness of online parenting forums (Brady & Guerin, 2010); web-based disclosures of chronic illness (Ravert & Crowell, 2008); whether 'blogging' improves quality of life and sense of well-being through self-disclosure (Ko & Kuo, 2009); provision of a confidential, online environment providing support for those in crisis (Barak, 2007a); inner processes of users, especially the concept of 'phantom emotions' and their effects (Barak, 2007b); measurement of reciprocity and level of self-disclosure in a variety of online forums (Barak & Gluck-Ofri, 2007); whether being online as opposed to interacting directly disposes some individuals to self disclose more often and more intensely (Suler, 2004) .

Research into the impact of increased computer use has gained interest. Nie and Ebring in 2000, (as cited by Hampton, 2002a), noted the potentially negative impact of spending more time online and less time with people but many studies found positive outcomes (Barker, 2008; Hampton, 2002b; Kastenbaum, 2004; Oravec, 2001; Renner, et al., 2000; Wellman, 2004) These findings may be biased by researchers' own preferences? Turner explored variables surrounding preference for online as opposed to traditional/ face-to-face sources of support (Turner, Grube, & Meyers, 2001), while Vanderwerker and Prigerson suggest that "...internet and email use were not significantly associated with social support levels, indicating that the relationship between internet and ... study outcomes was not mediated by social support" (Vanderwerker & Prigerson, 2004, p.54). One still suspects it could offer an accessible source of support to miscarried women, which maintains anonymity and avoids risking 'exposure' when the response of others is in doubt.

## **Therapeutic writing**

The benefit of face to face communication in the supportive role is not to be underestimated (Liu, 2002), but scarcity of direct sources of support and the attraction of remaining 'hidden' while expressing difficult feelings and thoughts suggests that electronic support groups (ESGs) may seem a reasonable alternative to some miscarried women, especially when one fears the conversation may elicit inappropriate or hurtful responses. The dual processing theory (first proposed by Brewin and colleagues) describes the way in which traumatic memory can be processed from situational to semantic memory, an integrative process essential for adaptation and recovery of function following traumatic events (Brewin, Dalgleish, & Joseph, 1996). A listening ear can be helpful also in facilitating the development of a narrative - something that creates meaning from experience (Hunt & McHale, 2008; McCreight, 2008) but narratives can be developed in other ways too, for example through writing. In 1988, Reinharz wrote a compelling paper recalling a personal experience of miscarriage and explained how writing dissipated her anger (Reinharz, 1988). The power of writing about difficult and traumatic experiences is acknowledged and researched extensively (Lange, et al., 2003; Pennebaker, 1997, 2004; Pennebaker & Seagal, 1999). Indeed, as a student writing this paper, there is resonance here with the concept of keeping a learning journal and writing as a way of developing reflexivity, as Holly notes (1989) "...you are both the learner and the one who teaches..." (as cited by Bolton, 2006, p.166). The act of posting a message on the internet about a miscarriage experience may be helpful on many levels: personally (responding to extreme stress); socially (accessing social support) and therapeutically (providing a window of opportunity to 'write it out' in a literal sense).



## Research on the process of miscarriage

Key studies have considered aspects of the process of miscarriage, positing a number of frameworks through which to gain insight into its impact. Cote-Arsenault and Marshall (2000) identified *seven themes* through interviews and focus groups with women who were pregnant following a miscarriage: *setting the stage*; *weathering the storm*; *gauging where I am*; *honouring each baby*; *expecting the worst*; *supporting me where I am and realising how I've changed*, within four contexts: re-living the past, trying to find a balance in the present, recognising their changed reality, living with wavering expectations (Cote-Arsenault & Marshall, 2000, p.479-482). Maker and Ogden proposed *three phases* of miscarriage, characterised by: *turmoil* (being unprepared); *adjustment* (social comparison, sharing and search for meaning), and *resolution* (decline of negative emotions, perception of miscarriage as a learning experience and integration of the experience into their lives) (Maker & Ogden, 2003, p.414). The authors point out that certain outcomes e.g. continuing childlessness affected the extent to which this model was totally relevant. Frost and colleagues explored the ways women made sense of miscarriage applying a *typology of responses*: 1) *pre-modern* – an explanation after Walter (1994) meaning that events were explained by reference to destiny, nature and religion, 2) *modern* - an explanation after Foucault (2002) and Habermass (1986) meaning that all natural events have a natural explanation, and 3) their own description of *postmodern* - meaning that scientised knowledge is challenged and the random and arbitrary nature of life is accepted (Frost, et al., 2007, p.1018). A study by Wojnar, Swanson and Adolfsson identified a major *theme of lack of control* throughout the entire process of miscarriage which they proposed as : *coming to know*; *losing and gaining*;

*sharing the loss; going public; getting through it; trying again* (Wojnar, et al., 2011, p.544).

### **The current study**

Interest in this subject was prompted by the many conversations with women and some men who have attended training provided over the last two years on bereavement, trauma and miscarriage. This, together with real interest in the therapeutic value of writing, the rocketing opportunities for e-communication and the reported lack of traditional sources of social support following miscarriage (professional and personal) have all dictated the direction of this study. Due to constraints of time and space, issues and references concerning stillbirth, risk factors (other than perceptions offered voluntarily in the messages), protective factors e.g. inoculation against traumatic stress (van der Kolk, et al., 2007), and differences between responses to the different categories of pregnancy and neonatal loss for example the work completed by Salvesen and colleagues in 1997 (Salvesen, Øyen, Schmidt, Malt, & Eik-Nes, 1997) have been excluded. For the same reason, it is not possible in this study to consider the impact of IPL on family members, particularly the partner.

This study aims to explore the experience of women who miscarry and the psychological impact of the event. A request will be posted on pregnancy / parenting forums and messages received in response will offer insight into the writers' experiences of miscarriage. This gives an opportunity to hear directly from those who have lived experienced of miscarriage and may also offer an opportunity to evaluate the impact of writing as therapy and insight into whether the internet could be viewed as a source of social support.

## **Chapter 3: Method**

This chapter gives an overview of research aims, methodology and methods used. Information is included concerning: ethical issues surrounding the way data were obtained; the people who contributed data; issues of confidentiality and protection of the contributors, outlining potential risks and benefits; how websites targeting parenting and pregnancy issues were identified; how these websites were approached and with what result; how the data was collected and, finally, how the thematic analysis was conducted.

### **Aims of the study**

This study aims to analyse the content within messages sent electronically to the researcher by women who have used pregnancy and parenting forums on the internet. This project aims to:

- explore women's response to involuntary pregnancy loss and whether trauma responses are reported;
- explore issues surrounding the function served by the e-community in exchanges concerning miscarriage;
- consider whether writing on miscarriage forums offers social support and a therapeutic effect for the writer.

### **Theoretical stance**

The study is qualitative in nature and adopts an interpretivist, constructivist position which places emphasis upon understanding the social world through the perceptions of the participants and "... social properties are outcomes of the interactions between individuals, rather than phenomena 'out there'... (Bryman, 2008, p.366). The topic of

miscarriage was chosen as a suitable subject for study following many thought provoking conversations with miscarried women who had had experience of miscarriage. The impact of the experiences as described was often significant and unresolved, encouraging the author to explore and try to understand if and how individuals made sense of it. The author wished to add to the body of research, which seeks patterns in women's response to miscarriage and seeks this knowledge from those who have direct *lived experience* of it at a particular point in time. From a social constructivist perspective, social phenomena are socially constructed and do not represent any form of 'constant', consequently subjectivity is to be admitted and embraced as is the impact of the researcher upon her/his own research.

A descriptive quasi-phenomenological approach seems to describe the theoretical stance adopted here because of its suitability for "...accessing the difficult phenomena of human experience" (Giorgi, 1997, p.238). The writer is aware of three principles Husserl espoused as being essential for the philosophical method: reduction (bracketing or the elimination of preconceived notions); the search for essences (the ultimate structures of consciousness and also their description (Giorgi, 2007, p.64; Koch, 1995). However, if one was to proceed in this fashion and stay faithful to Husserlian tradition, the 'epoche' would contradict the use of "judgements about people, and about conscious states and mental events in general – the subject matter of psychology...." as noted by Paley who offers a brutal but clear critique of the use and misuse of phenomenological terms in certain sections of research literature (Paley, 1997, p.188). It would also discourage any attempt at interpretation of the narrative provided by participants. Patton notes that 'creative synthesis' is the only process by which narratives can be analysed for presentation in a meaningful and trustworthy way (Patton, 2002). The process of thematic analysis is precisely defined

by Braun and Clarke who offer some forewarning of the intricacies of using this approach which they posit as “...an analytic method in its own right rather than a process performed within ‘major’ analytic traditions such as grounded theory” (Braun & Clarke, 2007, p.78). More detail of the analysis used is included later in this chapter.

### **Ethical and Legal Considerations**

Initially, it was hoped messages already posted on websites could be used for analysis, but there were significant ethical issues to consider. Advice from the University of Chester Ethics Committee suggested this would not be acceptable even though the messages were in the public domain already. The author was advised to approach websites directly for permission to post a message inviting visitors to respond directly. The Ethics Committee was then able to give permission for the research to go ahead.

### **Sample**

The sampling procedure is purposive in that all the text explored was created by women who have miscarried and use the internet as a source of information sharing and communicating. Miles and Huberman, as cited by Devers and Frankel, in their research on types of outcomes using purposive sampling found three types of cases that are most productive in qualitative research: ‘typical’ (providing average responses); ‘deviant’ (providing extreme responses); ‘negative’ (providing responses which are exceptions to the norm) (Devers & Frankel, 2000, p.265). The literature in this area has tended mostly to seek to summarise the common rather than the unique responses of women post miscarriage. It is anticipated that messages from this group will provide a ‘rich picture’ derived from authors who have direct

experience of at least one miscarriage and will possibly offer quite diverse memories of their experience.

### **Confidentiality**

Participants remain completely anonymous. The text of each message was checked so that names of family members, locations etc. could be removed. All contributors' names were changed to maintain confidentiality. The website [www.fakenamegenerator.com/](http://www.fakenamegenerator.com/) was used to generate pseudonyms which were allocated randomly and became the sole identifier for all research activity.

### **Potential benefits for participants**

The research findings will benefit women who miscarry in future and may provide a therapeutic experience for the participants themselves.

It is hoped the research will:

- increase awareness of the emotional and physical experience of miscarriage and the psychological impact that this may have;
- provide some insight into what motivates women to post items on websites.

### **Potential risks and burdens for participants**

There is no risk to participants in terms of infringement of privacy / loss of confidentiality as the authors' identities are anonymised. The electronic copy of the original contributions with identifying information is stored securely on an external hard drive, to be destroyed after five years. All computer facilities are security protected and individual documents are password protected.

The tone of the report ensures that respect and dignity is afforded to contributors throughout. The right to withdraw from the research was established in the initial email (Appendix II). No-one chose to withdraw from the study. Support from the author was available in the short term with an understanding of the need for signposting to medium or longer-term sources of support if this was considered appropriate.

### **Finding websites and data collection**

In order to obtain a wide range of website addresses and to minimise selection bias, the term “pregnancy loss support forums UK 2009 - 2010” was inserted into the *Google* search engine. This initial search produced 103,000 related sites, reduced to 21 pages of website addresses when “some entries very similar to the 202 already displayed were omitted” as communicated by the *Google* search engine. Of 202 websites located, some were irrelevant and some were duplications. Ultimately, 45 pregnancy or parenting websites were considered relevant to this study as they offered a facility for discussion on a variety of topics and a range of forums and, sometimes, chat rooms also. These 45 websites were contacted between June and November 2010 (at least once) for permission to post a message explaining the focus of the study, why it was important and how participants could contact the author. The addresses of websites contacted for permission to post the request are included in Appendix I. Copies of the email messages used in negotiation with websites and contributors are to be found in Appendix II.

A number of websites refused to allow the posting to be made on the appropriate forum because of the sensitivity of the topic. A more positive response was noticed from website managers once a University email address was given as the point of

contact for participants. However, of the 45 websites approached, only 9 allowed the message requesting research participation to be posted. Of the remainder, 33 did not reply to the request and 3 websites actively refused permission. Once the messages were successfully posted on the 9 website forums, a total of 26 women responded to the request and wrote to the author as requested. Average message length was 907 words with a range of 103 to 2080 words. There was no requirement to state specific information. Women were asked simply to write about their experience of miscarriage. Information in Table 1 was drawn from messages where this information was volunteered as part of the narrative.

**Table 1** Summary of individual case information, where volunteered

<b>Number of pregnancy losses</b>	<b>Year of miscarriage</b>	<b>Age of participant</b>	<b>No. of participants with children</b>	<b>No of participants without children</b>
43	1994 - 2010	26-44 years	22	4

A list of websites approached can be found in Appendix I. The participants all took part in the study voluntarily, having read the research request, which was posted ultimately on 9 websites which agreed to allow the posting (Appendix III).

Table 2 shows information volunteered in each participant's message. In some cases, none of this information was included in the message.

**Table 2** Type and timing of pregnancy loss where volunteered

<b>Medical diagnosis given</b>	<b>Length of gestation</b>	<b>Frequency in group</b>
Early miscarriage	"Early in cycle"	2
Early miscarriage	5-9 weeks	6
Missed miscarriage	9-13 weeks	19
Miscarriage	8-19 weeks	14
Stillbirth		1
Molar pregnancy	12 weeks	1



## **Data Analysis**

A computer software programme MAXQDA10 (Verbi, 2010) was used to analyse the messages. This was used in preference to other similar software packages such as NVivo 8 as the author was familiar with it and was able to purchase a student license at reasonable cost. Schonfelder compared these two software packages and noted that MAXQDA provided easier access to coding memos and simpler text linking than NVivo 8, but that the facility for workspace adjustment in both programmes was lacking and noted the researcher was not really able to display results according to individual preference with either package (Schonfelder, 2011). Overall, though, MAXQDA 10 provided a thorough and user-friendly tool for analysing multiple units of meaning and reviewing, merging, reallocating segments of text. The coding system was shared with colleagues experienced in thematic analysis who commented on the extent to which the codings were considered authentic, credible and representative – characteristics judged essential by Scott in his 1990 study as cited by Bryman (Bryman, 2008).

Thematic analysis of text can be completed either deductively, when the structure of analysis is completed on the basis of previous knowledge, or inductively, when the concepts are derived from the data themselves (Elo & Kyngas, 2008). Fereday and Muir-Cochrane suggested that the use of both can ‘demonstrate rigor’ in thematic analysis. as the deductive coding system provided ‘cross check’ of the codes derived inductively (Fereday & Muir-Cochrane, 2006).

## **Deductive analysis**

Thematic analysis provided insight into the range of responses experienced following miscarriage and in the first phase of this analysis themes were identified deductively

using the coding system developed by Bowles and colleagues in their research on spontaneous abortion (Bowles, et al., 2000). They posited a similarity between grief and trauma responses (acute and post-traumatic stress) and trawled the literature to explore this, using the criteria for the diagnosis of Acute Stress Disorder (ASD) or PTSD as indicated in the Diagnostic Statistical Manual – Fourth Edition – Text Revised (DSM IV-TR) (American Psychiatric Association, 2000). They identified four domains: behaviour; cognitive; emotional and physical and tracked symptoms back to the criteria for acute and post-traumatic stress disorder characteristics.

### **Inductive analysis**

A further analysis of the data was completed using an inductive approach designed to maintain an open approach to text interpretation (Krippendorff, 2004). During this phase of the analysis, care was taken to: develop familiarity with the data; start to assign initial codes; refine, merge codes and reallocate segments of text; continually return to the narratives to re-examine the meaning of text segments up to a point where themes were identifiable as recommended by Braun and Clarke in 2007 (Braun & Clarke, 2007). The paper by Rosemarie Anderson was also invaluable in providing a framework for going forward and maintaining a stance of 'low hovering' over the data (Anderson, 2007). This phase of the analysis was very intensive given the nature of the messages, which were very sad on first reading but became increasingly daunting emotionally as the detail of each message was teased out, compared and evaluated time and time again during the analytic process. Wherever possible words and phrases from the messages themselves were used for code naming in an effort to minimise the effect of interpretation in the earlier stages of the analysis and frequent breaks away from the data were needed to maintain the researcher's own positive affect.

729 codes were created in analysing the messages. This was done by reading through the messages and separating out each unit of meaning relevant to the study – taking care to retain wording where feasible and also to ensure the text segment was long enough to be meaningful without overlapping too much with other codes. Once the process of reviewing, merging, rejecting and splitting codes began, there was a reduction of the number of codes to 506. Five major contexts seemed to be identifiable in the data, each with a number of key themes, though the researcher is conscious that this analysis is, still, a function of the researcher's own constructions and perceptions. One is ever mindful, as the Hermeneutic principle suggests that others may reach different conclusions using the very same data, as noted by Baecker (2001):

...not the speaker but the listener decides on the meaning of a message, since it is the latter whose understanding of the set of possibilities constrains the possible meaning of the message no matter what the speaker may have had in mind (as cited by Seidl, 2004, p.8)

## Chapter 4: Results

### Deductive analysis

A deductive analysis of the data indicated that a significant number of the symptoms in the behavioural, physical and emotional domains were referenced in the messages in this study. These are shown in red type in Table 3, which is adapted with permission as noted below.

**Table 3: Four Domains of Spontaneous Abortion Symptoms (Bowles 2000)**

<b>Emotions/feeling states</b>	<b>Cognitive effects</b>
Shock*	Intrusive thoughts about fetus*
Numbness†	Hallucinations of a baby's cry/visual images of baby*
Guilt†	Phantom fetal movement†
Anger*‡	Difficulty with concentration and decision making‡
Anxiety‡	Fantasies about fetus†
Depression	Dissociative amnesia†§
Self-blame*	Diminished situational awareness†
Derealization*§	
Depersonalization*§	<b>Behaviors</b>
Isolation*§	Difficulty sleeping (nightmares)*‡
	Loss of appetite
<b>Physical symptoms</b>	Social withdrawal§
Empty feeling inside stomach*	Substance abuse/use§
Tightness in chest or throat*	Avoiding medical facilities/personnel, pregnant women, children, etc., to prevent reliving the event*§
Shortness of breath*	Impaired social and occupational functioning
Weakness/fatigue*	
Sweating*‡	

The symbols denote the criteria areas of acute and post-traumatic stress disorder characteristics:

\*--Re-experiencing the trauma.

†--Dissociative symptoms.

‡--Increased arousal.

§--Avoidance of trauma-producing stimuli.

||--Poor social and occupational functioning.

*Adapted with permission from Moscarello R. Perinatal bereavement support service: three-year review. J Palliat Care 1989; 5:14.*

*Adapted with permission from Acute and Post-traumatic Stress Disorder After Spontaneous Abortion, March 15, 2000, Vol 61, No 2, American Family Physician Copyright 2000 American Academy of Family Physicians. All Rights Reserved.*

No direct reference was found within this data set to symptoms classified as being within the cognitive domain. Of the 60 text segments which, in the writer's opinion, seemed close to the criteria for ASD / PTSD, 51 of these were in the emotional domain; 8 in the behavioural and 1 in the physical domain. There were four writers

with a high number of segments matched to criteria: 11; 6; 5; 5. Five of the remaining twenty writers had no segments matched to criteria and the remaining seventeen writers had between 1 and 4 segments matched to criteria. Please refer to Appendix IV for a summary of the deductive analysis coding system and to Appendix IVa for detail of the text segments attributed to three of the four domains. The latter is sorted by document and then by code.

### Inductive analysis

Please refer to Appendix V for a summary of the inductive analysis coding system and to Appendix Va for detail of all codings and text segments sorted by codes and sub-codes. As the segments of text were coded, it became clear, over the following months, that the memories reported related to five specific time intervals. Themes were sought within each of these as summarised in Table 4 below. Themes within the contexts (or phases of the miscarriage) are presented in a similar order to that in which they appeared in the messages. Colour coding is added to start to indicate patterns of the occurrence of themes between the phases.

**Table 4 – Context and themes (inductive analysis) overlap and recurrence**

1. Early weeks of pregnancy	2. Finding out about the loss	3. The miscarriage experience	4. The aftermath	5. Reflecting on the experience
a) <i>mixed responses</i>	a) <i>hoping against hope</i>	a) <i>pain, blood and stress</i>	a) <i>intense anxiety</i>	a) <i>things that helped</i>
b) <i>telling others</i>	b) <i>emotional confusion</i>	b) <i>despair and confusion</i>	b) <i>stress responses</i>	b) <i>making sense of it all</i>
c) <i>anxiety</i>	c) <i>feeling vulnerable/powerless</i>	c) <i>sadness or relief</i>	c) <i>emotional challenges and confusion</i>	c) <i>having advice to offer</i>
	d) <i>frustration of waiting</i>	d) <i>disempowerment</i>	d) <i>trying to understand</i>	
	e) <i>information and sensitive support</i>	e) <i>support and sensitivity</i>	e) <i>support needs and what helped</i>	

## **I. Early weeks of pregnancy**

### *a) Mixed responses*

Sixteen participants were joyful about the pregnancy from the outset. Eleven had had no prior miscarriages and one had tried three times, unsuccessfully, to carry a child full term. The remainder made no mention of the first few weeks of pregnancy, apart from two who described resentment or shock at the unexpected news:

*Louise:* I was not ready for a baby and was in a certain amount of denial. I was also a smoker, and liked a glass of wine or 2! I therefore found it very difficult to give up as I was under a certain amount of stress due to the shock of finding out.

### *b) Telling others*

Twelve contributors mentioned the point at which they had felt “safe” to tell their news and this ranged from telling no-one to telling others as soon as possible. The remainder believed that 6 or 12 weeks were the “magic” times for sharing, feeling then safe and past the vulnerable stage in their pregnancy.

### *c) Anxiety*

Repeated scares in the first weeks were anxiety provoking: waiting to undergo necessary but risky treatment: waiting for a scan and fearing the outcome. A third of this group were relieved that they did not receive bad news at the scan, only to receive it later in the pregnancy.

## **2) Finding out about the loss**

This was an emotionally exhausting time for all and the contributors described how their loss was realised: hoping against hope; emotional confusion; feeling vulnerable and disempowered; the frustration of waiting; needing information and sensitive support.

a) *Hoping against hope*

A feeling of intense hope lingered often 'right to the end' by women who had experienced bleeding or other worrying symptoms, and was evident in narratives of first, second and third time miscarriages. Only one referred to a sense of relief on learning of the miscarriage – understandably as it followed the death of her husband.

b) *Emotional confusion*

Devastation was the word used so often to describe the moment when the miscarriage was discovered. Women described feelings of numbness, failure, sadness and anger. Others reeled at the impact of suddenly discovering that a missed miscarriage had occurred when they had perceived themselves as mothers only moments before. Fear for the impact on the rest of the family, especially young ones, was evident though a stoic attitude came through also in one who may have made questionable emotional demands upon herself and yet another who felt that, while waiting for a dilation and curettage (D&C), there was "...no point weeping at home thinking about dead foetus inside me. I could cope as long as nobody tried to be sympathetic in person and still think this was right decision for me ..."

c) *Feeling vulnerable and disempowered*

Once alerted that something was untoward, going into the hospital to wait for a scan was daunting, and being in the same room as those who were either distraught (knew they had miscarried) or ecstatic (believed all was well) was very disturbing. The urge to get away was noted in messages, either by implying they "had to stay and talk to a nurse" when they just wanted to go home or by recalling the horror of the news, the need to escape from it and lack of privacy:

*Holly:* I was distraught I couldn't breathe, I couldn't think.....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room

watching me, I was that person that nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan.

One woman recalled having to leave by a back door, as the thought of walking through the waiting room was “hideous”. Being involved in deciding on treatment options and the opportunity to change those decisions was considered important. The difficulty of supporting a woman in these circumstances should not be underestimated, “I was then taken to a room and the doctor talked through the options. They kept asking what I wanted to do and I remember shouting I just want to have my baby and for everything to be fine”.

d) *The frustration of waiting*

Where the miscarriage was ongoing or incomplete, the frustration felt was significant, some just needing an end to it. Time spent waiting for medical, surgical or expectant management of the miscarriage was understandably harrowing:

*Amelia:* Having to wait that night still with the baby inside was awful. It felt like it was going to fall out and I felt I needed to hold my tummy up - very odd. I just could think of nothing worse than going to the loo and seeing this dead tiny baby in the toilet and then what....?

e) *Needing information and sensitive support*

Sensitivity was considered essential both in giving bad news and in providing information about the ‘next steps’. A caring attitude from staff with good listening skills prompted sharing and some relief. However, being left in a room without any information and then being forgotten was not helpful. Terminology was important - printed information that referred to “evacuation of the retained products of conception” with no mention at all of “babies” was a frequent complaint.



### 3) Experiencing the miscarriage

Women told of the physical impact of the miscarriage and of the despair and confusion experienced. For most there was intense sadness and, for a few, relief. Feeling disempowered, added to their vulnerability – physical and emotional.

#### a) *Pain, blood and stress*

Many wrote about pain and huge blood loss, looking through for the remains of their baby while others were scared by the thought of what they might see. Any lack of respect for the 'remains' intensified the emotional pain. Rosie had "...huge waves of pain, they came fast and they hurt very much" and then she passed large clots and much blood... Anna described her own response as "weird" as, following the miscarriage, "I was very calm and not in any pain I put baby into the plastic box and we set off to hospital."

#### b) *Despair and confusion*

Seven women wrote of the depth of despair and confusion experienced:

*Leah:* I was devastated shouting at my husband that I knew this would happen. I knew something was wrong. I felt the world's worst mother, I felt broken inside and physically it was yet another situation in only 10 days that I truly felt I was in so much pain I might die.

There was a sense of the future being "wiped out", that the time following the miscarriage was "a bit of a blur". One wrote:

*Grace:* 2nd Jan - I wake up and I am covered in blood. I am screaming and panicking and I call the Drs. I cry down the phone and they give me an emergency appt. I feel like I am having an out of body experience - how the hell has this happened to me??

Another described the days and weeks after the miscarriage:

*Molly:* The whole of that month was an emotional haze, whereby I was very low. I was not suicidal at any point I just desperately wanted things to be different. I described myself as treading water, underwater, feeling like I was drowning and just wanting things to be different.

c) *Sadness or relief*

Intense sadness predominated, “ I had to deliver my baby boy and it was the saddest moment of my entire life when I held him in my arms for the first and only time, knowing that he had no chance of surviving”; and, sometimes, a feeling of detachment where things seemed unreal or dreamlike:

*Eloise:* They took me over to Gynae, who booked me in for a D&C on the Monday. This was appalling as I had to wait 3 days with the dead baby inside me, still suffering from very bad morning sickness – so a very surreal experience.

In six cases, there was a sense of relief and closure akin to this:

*Danielle:* I seen the anaesthetist and he was a really lovely bloke he talked me through the procedure and I actually felt glad for a change. Glad I was free from hurt, from humiliation, free from failure as a mother, free from a dead blob inside me.

...and relief from frustration too:

*Eva:* I still felt sad but also massively relieved at that point as I had gotten out of the limbo of waiting for it all to be over and being discharged from hospital was like a starting point for me to be able to "get better" and move on.

d) *Disempowerment*

This was a major theme as women wrote about times they felt totally unprepared:

*Leah:* ...in all the times I prepared myself to receive bad news throughout the whole of that pregnancy...I was actually totally unprepared the night I miscarried because only earlier that day the baby was alive on the scan.

They also wrote about the lack of information and advice:

*Bethany:* The care that I received was pretty awful, didn't speak to the same person twice. No information was given to me on what I was going to experience; it was more a case of well just get on with it.

e) *Support and sensitivity*

Amidst a focus on perceptions of professional rather than familiar support, one writer experienced the miscarriage in the context of mending a relationship:

*Olivia:* By the very early hours...I started having my miscarriage. I called up my ex partner and he was round within minutes and we went straight back to the hospital to be told that it was a miscarriage, and that there was nothing that they could do.

Over two thirds of the participants mentioned contact with professionals around the time of the miscarriage, more than in any other phase. Fifty percent of these were positive memories:

*Lucy:* The midwives were really lovely – they gave us time together, wrapped him up and understood that we needed time to say goodbye. They brought a little crib for us to lay him in so we could keep him with us for a while as they attended to me...They took some photographs, and hand and footprints.

An equal number of comments were not so positive:

*Shannon:* I had no one to talk to and was told it was normal-especially as it was my first pregnancy. This did not make me feel any better. I was not

offered any counselling and when I approached my GP he said-" Just get on with things. You will probably have more miscarriages and I am not sorting out counselling every time!"

#### **4) The aftermath**

Five themes were identified in this context: intense anxiety; stress responses; emotional challenges; trying to understand and support needs. This section attracted 201 text segments and was the context in which most segments were placed.

##### *a) Intense anxiety*

Each woman mentioned or gave an impression of anxiety experienced on learning about or experiencing the pregnancy loss and many told how it impacted upon subsequent pregnancy:

*Millie:* But on conceiving again later that year, I lived in denial ... did not acknowledge the possibility that this pregnancy would be successful. Didn't talk about being pregnant, told very few friends, parents not until about 16 weeks. Endlessly focussed on whether I felt slightly nauseous or not and if I liked the thought of a coffee (I used to sniff it as a test!), didn't fill in any maternity records or contact community midwife until after 12 week scan, which I started weeping at as soon as I got through the door. Even once that was successful, I was just 'well we'll wait and see how the 20 week scan turns out', wasn't until about 35 weeks that I acknowledged that we might actually be having a baby - remember asking at Kiddicare at about 34 weeks the arrangements for returning the pram if things didn't work out with the birth.

*b) Stress responses*

A number of women spoke of stress post miscarriage. Stress in the form of hyperarousal:

*Anna:* I also had many bad dreams (the most recurrent one involved me going into a room where there were loads of white pillows and underneath each one was a dead baby).

re-experiencing:

*Lucy:* I will never forget the baby we lost and the day that it happened. I can almost replay most of it in my head, like a film, and I still get very upset at times thinking or talking about it.

avoidance:

*Olivia:* I am still angry with the hospital, because they never took me seriously, and kept sending me on my way. I knew there was something wrong, but they just would not help. Even now, I cannot stand that hospital. I refuse to go there.

*c) Emotional challenges*

A wide range of distressed emotional response was recorded including anger, confusion, numbness, depression, sadness, envy and guilt. Telling others or dealing with the lack of acknowledgement of the loss provided a real challenge always:

*Rosie:* It became a mission that I wanted to be pregnant again straight away I didn't want to wait. It's all I thought about which must sound crazy but it was better than registering my loss because no one else was I didn't feel like I was allowed to fall apart or talk about it.

*Grace:* One of the hardest things was the way people were afraid to ask or talk about my miscarriage when all I really wanted to do was to talk about it and come to terms with my loss and explain how I felt. I had lots of

lovely sympathy and people looked after me, took me out...but no-one really talked about it and I find that this wall of silence surrounding miscarriage is very, very common.

Dealing with the emotional response was often a longer term task, some felt it eased after a subsequent successful pregnancy:

*Eloise:* Fortunately for me I fell pregnant some months later, which resulted in a lovely little boy – I think having him was the only way to heal the pain from losing the previous baby. For those that never get pregnant again, I'm not sure how they ever recover.

but most felt the yearning persisted:

*Georgina:* I'm having enormous problems this year as my sister in law is expecting a baby due on the due date of this first loss, so 4 years on and having had my son I am still in mourning for the "what might have been".

*d) Trying to understand*

Often explanations of why miscarriage occurred were unavailable and when information was given verbally or in written form, sensitivity was essential but frequently perceived as lacking as previously observed in this study. Lack of information per se added to the stress:

*Shannon:* Losing my baby was so difficult to understand and not having any explanation made it harder. If I had been offered support, explanations or something maybe it would have been easier.

*e) Support needs and what helped*

Participants expressed very diverse opinions on what would have helped and this confirms the uniqueness of each woman's experience:

*Olivia:* When the miscarriage happened, I couldn't stop crying; I couldn't think, couldn't sleep and couldn't eat. In the end I took about two weeks

off work. Just to get away from everyone. I couldn't stand everyone knowing, and giving me sympathy, and it all felt so false. I just wanted to be left completely alone by them all.

*Rosie:* I have been to the Dr and asked for help when it first happened begging for something. I was signed off work and told to go for a walk to get my endorphins working. In the end I gave up on them. They offered no emotional support and I don't think ... [they understood]... how I was actually feeling. In the end I found comfort finding on line chat sites where women had been through similar things and could let out their emotions without being made to feel like they were over reacting.

*Anna:* What helped me greatly was the burial service – the whole ceremony of acknowledging the existence of the babies and their brief lives was very comforting. It also means I have somewhere to visit if I feel the need.

## **5) Reflecting on the impact**

Three main themes were: things that helped; making sense and giving advice.

### *a) Things that helped*

Twenty-one participants already had children before the miscarriage or had babies subsequently. Their messages confirmed that children provided significant support. Four women had no other children but were pregnant again at time of writing – this was also deemed a positive event, though fraught with anxiety as previously described. Five cited therapy and one cited faith as being helpful in integrating their miscarriage experience. Five participants referred to

the act of writing the message to the author as being directly helpful, “Honestly, I toyed with the idea of talking to you when I first saw the request.... It’s been quite cathartic to talk about it to someone after all this time, and although it hurts, I’m glad I have done”.

*b) Making sense of it all*

Some felt they had not “got over it” at all: “...it brought up a lot of memories, I truly believe time is a good healer but you don’t forget. I feel like I’m missing pieces of me now”; “...I still feel this way...if I am honest, if the miscarriage rate is 1 in 4, why did I have to be that 1?” Louise sensed development and growth post miscarriage, “Looking back it has made me a stronger person for dealing with the blood guts and pain all by myself, and made me realise that I wasn’t ready for a child.” Many sensed an increase in empathy:

*Erin:* In the past, I’m ashamed to admit, I probably haven’t given miscarriage the consideration it deserves. When I heard that it had happened to someone, I was sorry for them but I’d be too embarrassed to ask them how they were feeling and if they wanted to talk.

Many also talked of the loss of dreams:

*Rosie:* It isn’t just the loss but every milestone you face in the future you had dreamed about when you were pregnant. There is no dignity in pregnancy but certainly not in a miscarriage it can be a painful and devastating loss yet not many people seem to see it as that.

*c) Having advice to offer*

It was important to share insights gained and which might ease the path for other miscarried women. Women should ‘activate’ sources of support in the very early weeks of pregnancy in case the worst happened - “I wish I had told my mum at least



that I was pregnant as phoning her to explain I had had a miscarriage was so hard to do". Allowing time to heal, staying hopeful and "trying again" was also advised:

*Anna:* I get cross when women say you shouldn't tell anyone about your pregnancy until 12 weeks in case you lose the baby. So, for the first three months of pregnancy – the baby doesn't matter? What do they think happens if you do lose it?

and to professionals, "... yet GPs and midwives still suggest this 12 week rule. It gives women a false feeling of security when they have a successful 12 week scan – and that's not fair". Some felt no support could have helped but others suggested support should be offered routinely following miscarriage at any stage:

*Lucy:* We had after all given birth to a little tiny, baby boy, perfectly formed, just born too early to survive. I think everyone who has a miscarriage should be treated as if they have lost a baby, no matter how early or late the miscarriage is.

Advice was offered about what to say, "What you could say is 'I am so sorry' and that's probably enough" and also what not to say:

*Samantha:* I have one big bugbear - people who say oh it wasn't meant to be, you are young enough to have another, don't you have enough children already? Well who the heck cares I really wanted the child I've just lost. People do think they are being kind when actually they are adding to your grief, what no one needs is platitudes....

Advice also about what not to do - "One thing which I found difficult was the attitude of others afterwards – some people just avoided me. I would rather they had spoken to me and said the wrong thing than just stayed away and pretended nothing had happened".

## Chapter 5: Discussion

### Deductive Approach

The data was first analysed deductively using the set of codings provided by the Bowles study (Bowles, et al., 2000). It was never the intention to attempt to assess the level of trauma experienced following miscarriage but it was hoped insight would be gained regarding the range and type of responses experienced and whether trauma response was evident. The deductive approach did not capture the spirit of the narratives and the process of searching texts for examples that matched such specific criteria felt inhibited and restrictive. It has been interesting to note that few participants referred to responses similar to those in the PTSD criteria. Few made specific mention of any of these symptoms. This does not indicate that the symptoms were not experienced, simply that they were not mentioned in the messages. Alternatively, in the author's opinion, one would expect that participants would probably have mentioned such symptoms if they had occurred or were occurring.

The bitmaps produced by MAXQDA10 (Figure 1, v) confirm that reference to the *emotional* impact of involuntary pregnancy loss predominated, with some reference to behavioural issues and one to the physical domain. Clustering of responses indicates that consideration of a post-trauma stress response should be considered and one or two of the messages provided multiple examples of trauma responses post involuntary pregnancy loss. One message, for example, provided eleven text segments which detailed responses matching criteria, spread over three domains (emotional, behavioural and physical). The author agrees with Bowles and colleagues' recommendation that, following miscarriage, the possibility of a trauma

response should not be missed: "... the fact that occasionally the loss of an unborn child is perceived as an unbearable, life-altering and never-to-be-recovered-from personal catastrophe" (Bowles, et al., 2000 , p.5). This analysis suggests that miscarriage is a traumatic experience inducing acute stress in many women who miscarry and more severe needs in a smaller percentage. Deductive analysis confirms the type and intensity of emotional impact for this sample. The low level of specific behavioural and physical references in the data and the total absence of reference to experience categorised here as being in the cognitive domain (Table 3, p.28) deserves further exploration.

### **Inductive approach**

The inductive analysis provided a richer picture of the range and depth of the experience recalled following involuntary pregnancy loss and offers a sense of the diverse and complex responses, which these women experienced. The bitmaps produced by MAXQDA10 (Figure 2, vi) confirm this finding. It was anticipated that the analysis would provide insight into the psychological impact of miscarriage upon a specific group of women including: gestational age at time of loss; the miscarriage journey, with a particular interest in whether trauma responses were evident; the significance and sources of social support (including the internet forums) and perceptions of the 'silence' surrounding this sad event; the impact of subsequent pregnancy; the importance of professional support. Interpretations developed from this study are compared with those of others in this area.

### **The issue of gestational age at time of loss**

Comparison of results across studies is complicated by variation in terminology used to describe the temporal point of miscarriage. In this study, 'weeks of gestation'

where provided was used to indicate the 'point of loss', but, actually, the length of gestation seemed to be unrelated to the extent of distress experienced. Many report being overwhelmed with distress, regardless of the time the pregnancy was lost. 8 participants miscarried between the fifth and ninth week and the majority of these recalled extreme distress, a finding corroborated by other studies (Bennett, et al., 2005; Wright, 2011). Many writers described intense attachment in the very early stages of pregnancy, even though the relationship was, as Brier suggests "... mostly imagined" and "... not an actual loss..." (Brier, 2008, p.453). In terms of timing and degree of attachment, this study confirms conclusions of Bennett and colleagues who noted that "For some women, the salience and importance of motherhood begins in youth, whereas for others, the emotional significance may not be manifest until the abdomen is 'showing'" (Bennett, et al., 2005, p.181). One heartfelt recollection of receiving the news of the missed miscarriage also confirms a sense of loss of a new identity and function even in the early weeks of pregnancy, "10 minutes ago I was a mummy to be like one of them." The meaning a pregnancy has for the individual and whether the pregnancy is planned or unexpected is key factors to be considered in exploring women's response to IPL.

### **The journey of miscarriage**

Grief, anxiety and depression have been the most common focus in research studies of pregnancy loss (Adolfsson & Larsson, 2010; Blackmore, et al., 2011; Boyce, et al., 2002; Broen, et al., 2005). This study indicates that the diversity and range of individual response is significant and transcends the rather reductive description of a single emotion or response, although these responses were mentioned or implied often in the data. Some writers used the term(s): depressed; depression; depressing and one of these expressed familiarity with the symptoms because of her prior

experience of the condition. Two others used the term 'depressed' to describe how they felt at a particular juncture e.g. on going home after treatment, or even 'depressing' as a description of a treatment process. One writer concluded she had probably been experiencing depression but no-one noticed. Although the terms 'anxious' and 'anxiety' were rarely used, the condition itself was often implied in what was said, particularly in cases of pregnancy following miscarriage.

Although a small number of the writers expressed initial resentment and shock at becoming pregnant, all of these ultimately adjusted to the idea and recalled being devastated on experiencing IPL or on being told they had had a missed miscarriage. Emotional responses predominated throughout the data, but it quickly became apparent that the timing of the responses was of some relevance and, consequently, the concept of 'contexts and themes' used by Cote-Arsenault and Marshall was adopted to promote structure and clarity of interpretation (Cote-Arsenault & Marshall, 2000). The miscarriage journey for these 26 writers had 5 phases: early weeks; finding out; the miscarriage event; the aftermath; reflecting upon the impact of the experience. The diversity of response at each phase and between writers is of great importance and needs to be taken into account when considering support needs at every stage.

Those pregnant for the first time seemed to recall, in the '*early weeks*', mostly a sense of happiness. For those who had prior experience of miscarriage though, it was a time of angst and a sense of foreboding. With some writers this seemed a constant and intense experience either throughout pregnancy or until the point of a further miscarriage. On '*finding out about the loss*', writers recalled experiencing a range of intense emotions. These were most commonly shock, panic, numbness,

anger and guilt but also a feeling of being disrespected. Most writers described their response to learning of a missed miscarriage or experiencing the miscarriage event itself as 'devastation' or 'being devastated'. Waiting for further confirmation or a medical procedure was also very stressful.

Naturally, the memory of the '*miscarriage event*' itself and the pain and horror which accompanied that was described vividly. A high number of text segments extracted related to pain, bleeding, the physical impact of shock and concern for the remains of the baby but references to emotional impact were plentiful too. Eleven writers recalled memories of this phase including: intense grief; detachment; derealisation; fear and even relief in some cases. The term 'relief' here was used to describe many responses as follows: "... surprised at just how ok I was..."; "...I actually felt glad for a change, glad I was free from hurt, from humiliation, free from failure as a mother ..."; "... massively relieved at that point as I had gotten out of the limbo of waiting for it all to be over..."; "...because of how ill I had felt being pregnant post-surgery there was also an element of 'relief' for my body; that it was finally all over..."; "...I was still in shock from the death of my husband and to be honest it was in some respects a relief...". The terms used need to be interpreted and summarised carefully in any analysis. The sense of control experienced during miscarriage was mentioned frequently and this was recognisable in comments relating to: being unprepared and not having enough information; loss of dignity and feeling totally powerless. However, that was not the experience of all the writers as one noted how "OK" she felt and that this was surprising to her, while another had a powerful sense that she had a responsibility to cope with it herself as other women had done for centuries. Unsurprisingly, there were a plethora of comments related to physical sensation - (pain, bleeding and to the 'remains' or 'removal'). A few writers reported unusually

distressing symptoms such as Erin who described the sensation of things being “...a bit of a blur...” Molly who felt as if she was “... underwater, treading water, drowning...” and Leah and Danielle who both feared they were going to die. Some writers conveyed a sense of things seeming unreal or dreamlike while feeling unaccountably calm, detached or lacking emotion, often responses associated with acute stress.

The ‘*aftermath*’ phase provided the highest number of coded segments. These were grouped under headings of: impact of prior miscarriage; obsessing about pregnancy / getting pregnant again; emotional challenges faced; issues relating to remembrance and support needs as well as sources of support. Reference was made to the impact on the family and a couple of references to how the loss was somehow ‘beneficial’ in the longer term. This last was not said disrespectfully or to minimise the tragic nature of what happened. The emotional challenges of guilt and envy were reported frequently, together with feelings of failure, depression, anger and sadness. Some infrequently mentioned responses were found in this phase too. Grace felt there was no future any more while others were distressed by contact with children, pregnant women or places associated with the miscarriage. Some experienced nightmares, recurrent distressing dreams related to the miscarriage. One writer said that she relived the pain every day for about twelve months afterwards and another said that she could replay most of her miscarriage experience in her head “like a film” even now. These comments all resonate with acute and post-traumatic response.

‘*Reflecting upon the impact*’ of the experience of miscarriage was the “last phase of the miscarriage journey as expressed in the writings of the contributors. It offers an indication of the more lasting impact of the miscarriage experience(s) and the

perspectives developed over time. Ten writers conveyed what sense they had been able to make of the experience, some feeling they had, in various ways come to terms with it. It seems the presence of other children and subsequent successful birth was a real solace in time of need, and also faith (as was expressed in one message). A feeling of not having been ready for a baby after all at that time also served, perhaps, to ease dissonance. An equal number, though, took the view that they had never really integrated the experience effectively. One writer was conflicted, saying that she felt that the miscarriage was "... meant to be..." but commented also that she felt worse now than she ever had done in the past about it. One has to be mindful that many of the writers seemed to be writing of experiences which were in the recent past and they may not yet have had sufficient space or time to integrate the experience fully. A number of writers found that writing provided an opportunity for reflection and the development of their narrative. For still more, counselling support was helpful.

In this last and very reflective phase, eight of the writers conveyed a real impression that what they had learned from their experience could and should be of benefit: to others who might find themselves in a similar situation; to their community of family and friends (where one existed); to those who might be in professional contact with miscarrying and miscarried women. To other women:

- Find a way of sharing how you feel;
- Involve others as potential support from the very outset of the pregnancy;
- Expect it to take a while to adapt to things;
- Keep hoping and don't give up.

To professionals:



- Forget the “12 week rule” which gives a false sense of security;
- Expect miscarried women to need support and offer this routinely;
- Treat every miscarried woman as if she has lost her baby, regardless of gestational age;
- Look out for those who seem to feel nothing could help.

To the ‘community’ of family, friends etc.:

- Think what miscarried women might be going through;
- Sympathy is OK but offer a chance to talk about what happened – it may be rejected but the thought that someone cares enough is helpful;
- Be sensitive for quite a while around women who have miscarried, especially if you are pregnant, have a baby or children etc.
- Just say you are sorry, that is enough, don’t try to minimise the loss in any way;
- Don’t avoid contact after a miscarriage – it is better to say the wrong thing than not be there!

### **Responses to the traumatic experience of involuntary pregnancy loss**

What we cannot state is that any of the miscarried women in this study demonstrated a full range of PTSD symptoms. That, as noted previously, was never an intention. Following miscarriage, many had some symptoms characteristic of a post-traumatic or acute stress response and some openly stated that they would have welcomed immediate and appropriate support to ease their difficulty. These two factors alone should compel key professionals coming into contact with miscarried women to explore the nature of their individual responses, the quality of their existing support

network and offer, not only appropriate support, but also regular follow-up as a matter of course. The need to offer support routinely regardless of gestational age at time of loss is a key interpretation from this data.

There is little real consensus yet though regarding true differences between specific descriptions of the processes involved in grief, loss, bereavement and trauma. The divergence of research interest either toward bereavement or trauma has led to little cross-fertilisation of these two important research topics. Green noted that, in 1997, Raphael and Martinek studied differences and similarities between trauma responses and bereavement responses. Green summarised their findings as follows:

... intrusions, preoccupations and memories differ in the two types of events on the basis of content: in trauma the content is the scene of the trauma, whereas in loss the intrusions are of the lost person. In trauma, anxiety is related to the threat experienced and to reminders; in loss, the anxiety is specifically separation anxiety with regard to the lost person. They argue that yearning and sadness are present in bereavement but usually absent following trauma. In terms of avoidance symptoms, these authors see trauma survivors as more often avoidant of affect and reminders of the trauma and as withdrawing from others, while bereaved individuals may seek out reminders, as well as others, for support and often want to talk about the deceased. Arousal is seen to be present in both conditions but oriented differently (Green, 2000, p.5).

Green also notes that certain types of bereavement could “bridge their hypothesised gap” and one feels that involuntary pregnancy loss would seem to be a candidate for this. There is a need for thorough exploration of an individual’s perception of the

miscarriage experience post loss and this is certainly considered to be an essential topic for further study. Acknowledgement of the loss, sensitive social support and professional oversight can go a long way to improving outcomes for the majority while trauma focused support may be appropriate for a small percentage. Post-traumatic stress is a natural response to an abnormal (for that person) situation and this 'mantra' should make us reflect seriously on the needs of women who have multiple miscarriages. Their needs may be complex and may require substantial and specialist support.

### **The 'silence', the significance of social support and the role of informal support via the internet forums**

Many writers were all too aware of the 'conspiracy of silence' that often surrounds miscarriage (Bansen & Stevens, 1992; Frost, et al., 2007; Hutti, 2005; Lovell, 1997; Reinharz, 1988; Renner, et al., 2000; Wojnar, et al., 2011; Wright, 2011). The writers understood why this silence prevailed but also were intensely frustrated and affected negatively by it. This is stated clearly in the 'advice to community' above. The data does indicate that acknowledgement of and respect for the loss is important (though so often lacking or misguided) and that face-to-face social support is still deemed essential and desirable (though often not available). It is not a clear case of lack of social support prompting access to the internet as an alternative source of support. Writers could be achieving different outcomes from accessing the pregnancy forums, for example the cathartic nature of writing about their experience and somehow making sense of what had happened. Reference to this was made by a few writers and echoes the findings of researchers interested in the value of writing for therapeutic purposes (Pennebaker & Seagal, 1999) as well as developing reflexivity in professional practice (Bolton, 2006) which is a necessary tool for any helping

profession. Some miscarried women in this study did turn to the internet as a result of an absence of appropriate social support and valued the unconditional quality of the support received from other women who had experienced IPL. Still others seemed to participate in forums as well as accessing direct and (geographically) local social support. This was not what the author expected but perhaps it should have been. The decision not to sample internet exchanges without the permission of the writers was based on ethical principles. The design was modified so that miscarried women were asked to share their experience of miscarriage with the researcher directly and this necessarily changed the scope of this study in respect of the impact of what it was that women sought from the pregnancy / parenting websites.

### **Impact of miscarriage on subsequent pregnancy**

Messages were reviewed in order to filter comments pertinent to the impact of miscarriage on subsequent pregnancy with the following result: Comment from twelve writers was excluded as: a) they had not become pregnant following miscarriage; or b) no reference was made to the impact of miscarriage on subsequent pregnancy. Far from finding that miscarried women were simply seeking a 'replacement baby' by pursuing pregnancy after miscarriage, a very diverse picture emerged from the remaining writers, some of whom stated that this was not possible and, in any event, was disrespectful to the miscarried child. Seven became excessively fearful and anxious; one was, in her own words, "hardened" but this could have been through shock or self preservation; one gave the impression of being grateful for getting another opportunity to have a child and four expressed no negative responses, just real determination to have a / another child. One writer noted getting pregnant again was "...like a plaster, you think all will be better once you are pregnant", noting, however, that the impact of the prior miscarriage 'hit' later.

The opportunity to reflect, share and develop a narrative about what has happened may be as protective a factor as the trait of resilience itself. As Engelhard and colleagues concluded (and many in this study implied) adaptation to a traumatic event can be helped by: integrating that memory into the context of other experience; letting go of avoidance strategies; modifying the negative thoughts about what happened (Engelhard, van den Hout, & Vlaeyen, 2003). The ability to complete these 'tasks' could be related to levels of resilience or even post-traumatic growth (Buchi, et al., 2007). It is clearly inappropriate therefore to try to describe the impact of miscarriage on subsequent pregnancy in a simplistic, brief manner. Professionals clearly have an important role to play in terms of support and health management following IPL and pregnancy following IPL.

### **Contact with professionals**

The first comments regarding contact with professionals were related to the '*finding out*' phase. The writers valued sensitivity in those giving the news of the miscarriage and when staff in the unit seemed to care after the procedure - evacuation of the remains of the products of conception (ERPC) - was completed and also showed respect for the loss, this was a real support. Being left alone or left without any information was a common complaint and intensified distress. As the women moved on in their story to the *event of the miscarriage* itself, comments regarding professional contact were equally divided and we should bear in mind, as should all professionals, the state of mind and emotional states of the women at this point. Some felt they were offered no support or advice after the ERPC. Some doctors were perceived as "... cold and uncaring..." or "... brusque and dismissive ...". One midwife was described as "... really rude..." and was asked to leave the room; personal and practical needs were not met after the ERPC (possibly due to staff

shortage) but an explanation was lacking. On the positive side though: some recalled that the nurses in the recovery unit were very supportive; midwife support in providing a crib, taking photos and foot prints was amazing; a good standard of emotional as well as physical care from staff was available and valued by those who received it. In the *aftermath* of the miscarriage, fewer positive comments were made regarding support and this may have been as a result of being physically recovered from the ordeal and not 'needing' to access medical support. A few writers noted they received reassurance from health professionals in subsequent pregnancies and some benefited from counselling provided. The main problem during this phase of the miscarriage journey seemed to be lack of follow-up care, lack of emotional support and little feeling of being understood. Some felt that professionals seemed to view miscarriage as a common every day event and, consequently, underestimated the intensity of the women's responses.

The harnessing of social and appropriate professional support at the time of the event and during the immediate aftermath would, in many cases, ease the burden of traumatic loss and perhaps reduce susceptibility to complicated grief reactions or PTSD. The way in which information or advice is given is as important as what is said. This has implications for professionals who wish to support miscarried women appropriately and, given that, in this small sample, some have experienced intense and troubling emotions for many years after the pregnancy loss, there are implications also for provision of follow-up support and monitoring. Bakermans-Kranenburg and colleagues recommended that the loss of miscarriage should be included on the 'Adult Attachment Interview' and suggests that psychiatrists check for pregnancy loss issues in all female patients (Bakermans-Kranenburg, et al., 1999). This 'blanket' monitoring over an extended period of time was endorsed by others

also (Frost & Condon, 1996; Klier, Geller, & Ritsher, 2002; Loveland Cook, et al., 2004).

### **Comparison with four studies providing insight into the miscarriage process**

In their focus upon one phase of the experience of miscarriage, Cote-Arsenault and Marshall conducted interviews and focus groups with women who were pregnant following miscarriage. They identified a major theme of 'trying to stay balanced' (Cote-Arsenault & Marshall, 2000). The current study did not offer the social support or the opportunity for interactive narrative development found in a focus group or interview. Nor did it offer the impact of group processes. Only one question was posed: 'What was your experience of miscarriage?' Writing anonymously with no visual reference, physical presence or non-verbal conversational cues can affect the content and level of disclosure (Barak, 2007b). Barak observed that text, unlike speech, can be planned, edited and redrafted and this process encourages reflection and self-talk in privacy and the absence of another person.

The current study seems to have covered a wide range of phenomena related to the private experience of miscarriage and, in the process, discovers many common themes as well as providing an opportunity for participants to reflect and integrate their experience. Frost and colleagues' study explored a different phase of the miscarriage experience - the nature of bereavement in early miscarriage and concluded that many women interviewed interpreted their experience as the 'loss of possibility' (Frost, et al., 2007). These writers noted the participants' need for information, a scientific reason to explain why the miscarriage had occurred, whereas in this current study there *seems* to be more of a sense of waste of life and perhaps self-blame coupled with lack of a cause or reason for the loss.

In 2003, Maker and Ogden described a three stage model of miscarriage (turmoil, adjustment and resolution) which perhaps suggests a unidirectional and, ultimately, positive outcome (Maker & Ogden, 2003). Data analysis in this study purports a more turbulent and 'circular' process. The outcomes could not always be described as 'resolved'. Data confirms that miscarriage is a 'pivotal' event in the participants' lives. Wojnar and colleagues posited a recent perspective on miscarriage, identifying a central theme of "We are not in control" (Wojnar, et al., 2011). Their model is reminiscent of that of Cote-Arsenault and Marshall (as described above) in that there is a sense expressed of *striving for balance* or perhaps another way of saying 'trying to make sense of' or integrate experience.

### **Limitations of this study**

- Interpretations are limited by the small sample size and also by the lack of demographic information. There may have been significant differences in the group of contributors or they may have been uncharacteristically analogous.
- The original intention was to arrange an e-focus group to obtain feedback from participants for inclusion in the write-up. This proved impossible because of time constraint but will certainly be a task worth completing in the future, though its purpose would necessarily change.
- The coding process was completed solely by the researcher but was shared on a regular basis with the supervising tutor. Only one colleague was available to review the coding system at the time this was most helpful. It would have been of significant benefit to be able to share the system more widely.



## **Learning from the activity of research**

The structure of the dissertation seemed very prescriptive initially. The author realised that the structure and repetition required was instrumental in conveying as much detail as possible. She became disciplined in 'sticking with' the writers' words for code naming and allowed more interpretation only at the stage of reviewing, merging, splitting codes and seeking themes. The author is now more conscious of the presence of a personal 'agenda' and the huge impact this could have on data interpretation.

The first analysis was theory driven and, new as the author was to thematic analysis as a research tool, there was, initially, a great sense of dissatisfaction with this approach but, on reflection, this was partly attributable to lack of familiarity. Then feeling considerably more experienced, the enormous task of analysing the data inductively began. Returning repeatedly to the data in order to check and review the coding of segments was 'emotionally daunting' as mentioned previously. There was no direct contact with any of the participants – no faces, no voices – just the written word. Even so, the author was aware of a sense of a developing relationship and curiosity (obviously unsatisfied) as to how the participants were progressing as the months passed. The learning curve has been steep in many ways.

## **Suggestions for future research**

This result indicates widespread significant need. Future research could use a structured interview approach to explore: women's perception of treatment / support needs post IPL and aspects of the miscarriage experience not raised in some messages (particularly relating to PTSD criteria). A suitable starting point could be adaptation of the guidance for clinical assessment developed by Van and Meleis

(Van & Meleis, 2003, p.36) Focus upon women's views on timing, sources and quality of support during the miscarriage journey would also be very informative.

## Chapter 6: Conclusion

Data analysis provided a rich picture of the range, intensity and complexity of the participants' responses to miscarriage. Using deductive and inductive approaches provided perspectives on the data, which ultimately served different purposes. Deductive (theory driven) analysis 'matched' some of the experiences to three domains of PTSD criteria, emphasising the intensity of the experience and the presence of acute stress for some. Inductive (data driven) analysis provided a detailed interpretation of the whole range of responses throughout the miscarriage experience and pointed to future directions in terms of acknowledgement, monitoring and support needs.

The importance of support, education and training is inherent in the data in that support attempts of family, friends and professionals, often fell short of what was needed and sometimes exacerbated distress. Where sensitive support of good quality was available, this was perceived as crucial in sustaining women through the journey of miscarriage and facilitating integration of the experience. All those in a supporting role (social and professional) must take into account the individual's *lived experience* and respond appropriately to that.

As all communications were handled via the internet, and as all participants were 'recruited' through pregnancy / parenting forums, the importance of e-communication is recognised, as is the need to factor in the growing positive impact of the internet in facilitating access to a wide range of support post trauma. The act of writing is, possibly, in internet exchanges, a key element enabling the semantic processing of traumatic material through the development of narrative which assists the transition

of fragmented memory into the autobiographical store (Brewin, Dalgleish & Joseph, 1996).

Timely and thorough screening of responses and sensitive monitoring of progress post miscarriage is considered essential in order to provide, a) effective support for women who experience involuntary pregnancy loss and, b) identify those with longer term needs associated with the traumatic event. Recognition of this fundamental 'shortfall' needs to be accompanied by consideration of the level of resource necessary to begin to address it. This involves: dissemination of good professional practice following IPL; recognition of a postmodern perspective on pregnancy itself, one which honestly acknowledges the issue of IPL, offers sensitive, appropriate support with this issue from the outset and can accept "...the randomness and arbitrariness of life..." (Frost, et al., 2007, p.1018) .

It is likely that acute stress was experienced by many women in this study and the likelihood of ASD and PTSD following miscarriage is undeniable and worthy of further exploration. This study supports the call for training and education at many levels. The level of societal and professional awareness regarding the impact of involuntary pregnancy loss needs to be reviewed and raised with the intention of better meeting the needs of a substantial proportion of the population.

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## APPENDICES

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**APPENDIX I**  
**Addresses of websites contacted for permission to post the request**

[www.askamum.co.uk](http://www.askamum.co.uk)

[www.baby99.co.uk](http://www.baby99.co.uk)

[www.babyandbump.com](http://www.babyandbump.com)

[www.babycentre.co.uk](http://www.babycentre.co.uk)

[www.babychums.com](http://www.babychums.com)

[www.babyexpert.com](http://www.babyexpert.com)

[www.baby-greenhouse.co.uk](http://www.baby-greenhouse.co.uk)

[www.babyguideuk.com](http://www.babyguideuk.com)

[www.babyloss.com](http://www.babyloss.com)

[www.babywonderland.co.uk](http://www.babywonderland.co.uk)

[www.babyworld.co.uk](http://www.babyworld.co.uk)

[www.bornwithwings.co.uk](http://www.bornwithwings.co.uk)

[www.bounty.com](http://www.bounty.com)

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.community.babycentre.co.uk](http://www.community.babycentre.co.uk)

[www.ectopic.org.uk](http://www.ectopic.org.uk)

[www.fertilityfrfriends.co.uk](http://www.fertilityfrfriends.co.uk)

[www.fertilityzone.co.uk](http://www.fertilityzone.co.uk)

[www.gentlemoments.co.uk](http://www.gentlemoments.co.uk)

[www.huggiesclub.co.uk](http://www.huggiesclub.co.uk)

[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)

[www.ivillage.co.uk](http://www.ivillage.co.uk)

[www.justmommies.com](http://www.justmommies.com)

[www.lifeafterloss.org.uk](http://www.lifeafterloss.org.uk)

[www.madeformums.com](http://www.madeformums.com)



## **APPENDIX I (continued)**

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

[www.miscarriagesupport.co.uk](http://www.miscarriagesupport.co.uk)

[www.mothers35plus.co.uk](http://www.mothers35plus.co.uk)

[www.mumsnet.com](http://www.mumsnet.com)

[www.mumsonline.net](http://www.mumsonline.net)

[www.mumszone.co.uk](http://www.mumszone.co.uk)

[www.mychild.co.uk](http://www.mychild.co.uk)

[www.netdoctor.co.uk](http://www.netdoctor.co.uk)

[www.netmums.com](http://www.netmums.com)

[www.positivepregnancy.org](http://www.positivepregnancy.org)

[www.pregnancyforum.co.uk](http://www.pregnancyforum.co.uk)

[www.recoveryourlife.com](http://www.recoveryourlife.com)

[www.sofeminine.co.uk](http://www.sofeminine.co.uk)

[www.talk.nhs.uk](http://www.talk.nhs.uk)

[www.babywebsite.com](http://www.babywebsite.com)

[www.thinkbaby.co.uk](http://www.thinkbaby.co.uk)

[www.uk.sands.org](http://www.uk.sands.org)

[www.verity-pcos.co.uk](http://www.verity-pcos.co.uk)

[www.womens-health.co.uk](http://www.womens-health.co.uk)

[www.nhs.uk](http://www.nhs.uk)

## APPENDIX II

### Email messages used in negotiation with websites and participants

1)

Hi there

My name is Lesley Carr. I am close to completing studies for a Masters degree in Psychological Trauma and am doing a study on the impact of miscarriage. I would be interested in hearing from anyone who would be prepared to write to me setting down thoughts of their own experience of miscarriage. I wish to analyse the themes which emerge from the messages sent to me and I can accept messages up to 31 October 2010. All messages analysed and any quotes used will be completely anonymous and untraceable. If you had a change of mind and wished to withdraw, you could do this up to the point when I complete my dissertation. By replying to my message I assume that you give permission for me to use your comments anonymously for my research dissertation and subsequent publications. I do feel that, by becoming involved, you will be making a valuable contribution to our knowledge base on the impact of miscarriage and the support needs of women (and families) who miscarry.

I am also hoping to arrange an e-focus group in later this year to give feedback from my study.

You can write to me at: [0817180@chester.ac.uk](mailto:0817180@chester.ac.uk)

Best wishes and really looking forward to hearing from you.

Lesley

2)

Hello again

I have approached a number of pregnancy loss forums with a request to do some research on miscarriage and its impact on both the women who miscarry and their partners / families. A number of site organisers have already posted the message below for me on their notice boards. I wonder, could you please help by doing this again? I have had a number of responses to date but, to be really useful, I could do with getting the same amount again. That would make my data valid and more representative. I hope you can help.

*Hi there*

*My name is Lesley Carr. I am close to completing studies for a Masters degree in Psychological Trauma and am doing a study on the impact of miscarriage. I would be interested in hearing from anyone who would be prepared to write to me setting down thoughts of their own experience of miscarriage. I wish to analyse the themes which emerge from the messages sent to me and I can accept messages up to 31 October 2010. All messages analysed and any quotes used will be completely anonymous and untraceable. If you had a change of mind and wished to withdraw,*

## APPENDIX II (continued)

*you could do this up to the point when I complete my dissertation. By replying to my message I assume that you give permission for me to use your comments anonymously for my research dissertation and subsequent publications. I do feel that, by becoming involved, you will be making a valuable contribution to our knowledge base on the impact of miscarriage and the support needs of women (and families) who miscarry.*

*I am also hoping to arrange an e-focus group in later this year to give feedback from my study.*

*You can write to me at: [0817180@chester.ac.uk](mailto:0817180@chester.ac.uk)*

*Best wishes and really looking forward to hearing from you.*

*Lesley*

3)

Thanks for doing this \*\*\*\*\*. Although things may have happened a little while ago, it does not make it any easier to revisit the memories of very sad times. From reading the posts, on a number of sites, I am not sure what has changed over time in terms of the support that miscarried women (and their partners) can expect. That is why I am studying this. I think there will be some good practice out there but we have probably got a way to go before it is at a satisfactory level from both a family and a professional perspective. Rest assured that themes from contributions received will feed into my research and improve our understanding.

Best wishes

Lesley Carr

4)

Thank you for getting in touch. I really need people just to talk about how it was for them, as you have done \*\*\*\*\*. That way I get an uncontaminated snapshot of what is / was important to each person in relation to the miscarriage and its impact upon them. Reading the messages on the sites, miscarriage is a very personal and individual experience. Memories of thoughts and feelings, even after a long time, are often expressed quite vividly. But I am expecting a wide range of type of experience and memory of such a very sad event. Your message is extremely relevant and valid too. I will be arranging an e-focus group in August or September to share what themes are emerging and to ask for views about these. You may like to be involved in that?

Thanks again

Lesley

**APPENDIX III**  
**Addresses of websites on which the research request was posted**

[www.baby-greenhouse.co.uk](http://www.baby-greenhouse.co.uk)

[www.babyworld.co.uk](http://www.babyworld.co.uk)

[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)

[www.mumsnet.com](http://www.mumsnet.com)

[www.mychild.co.uk](http://www.mychild.co.uk)

[www.netdoctor.co.uk](http://www.netdoctor.co.uk)

[www.netmums.com](http://www.netmums.com)

[www.thebabywebsite.com](http://www.thebabywebsite.com)

[www.nhschoices.co.uk](http://www.nhschoices.co.uk)

## **APPENDIX IV**

### **Summary of Codings - Deductive Analysis**

Code System [59 text segments]

#### **Behaviours**

- Avoiding medical facilities/personnel, pregnant women, children [3]
- Difficulty sleeping (nightmares) [2]
- Impaired social and occupational functioning [1]
- Loss of appetite [0]
- Social withdrawal [1]
- Substance abuse/use [1]

#### **Cognitive**

- Difficulty with concentration and decision making [0]
- Diminished situational awareness [0]
- Dissociative amnesia [0]
- Fantasies about foetus [0]
- Hallucinations of a baby's cry/visual images of baby [0]
- Intrusive thoughts about foetus [0]
- Phantom foetal movement [0]

#### **Emotional**

- Anger [3]
- Anxiety [8]
- De-realisation [2]
- Depersonalisation [2]
- Depression [7]
- Guilt [10]
- Isolation [6]
- Numbness [4]
- Self-blame [2]
- Shock [6]

#### **Physical**

- Empty feeling inside stomach [0]
- Shortness of breath [0]
- Sweating [0]
- Tightness in chest or throat [1]
- Weakness/fatigue [0]

## APPENDIX IVa

Coded segments in author order (Deductive Analysis)			
Document	Code	Segment	Creation date
Abigail	Emotional\Depersonalisation	I ring my husband to tell him that not only is our baby dead and I now have to go to hospital and have it removed in a few days I can't even come home and discuss it as I'm going to attend a birth	11/05/2011 22:52
Abigail	Emotional\Isolation	Because I am on my own I have no time to indulge in crying or being upset. I just go from room to room, ask the questions I need to and take it all on the chin.	11/05/2011 22:52
Alicia	Emotional\Guilt	I felt loads of feelings, very VERY sad, jealous of other women who were pregnant and then guilt that I had 6 fantastic kids already and wanted more!!!	29/09/2011 22:09
Alicia	Emotional\Guilt	I still have guilty feelings about being pregnant and how I felt when I had the miscarriages because we are so fortunate in having our lovely family,	11/05/2011 23:01
Alicia	Emotional\Numbness	The next miscarriage was kind of a numbing experience and I was very scared that it might be another molar as it started off the same way with the sonographer telling me there was no baby	11/05/2011 22:58
Alicia	Emotional\Shock	It was really a rollercoaster ride that time	11/05/2011 23:00
Amelia	Behaviours\Difficulty sleeping (nightmares)	It felt like it was going to fall out and I felt I needed to hold my tummy up - very odd. I just could think of nothing worse than going to the loo and seeing this dead tiny baby in the toilet and then what do you do - flush it away? I did have nightmares about this afterwards.	30/09/2011 19:48
Anna	Behaviours\Difficulty sleeping (nightmares)	I also had many bad dreams (the most recurrent one involved me going into a room where there were loads of white pillows and underneath each one was a dead baby)	11/05/2011 23:09
Anna	Behaviours\Impaired social and occupational functioning	I was off work for a month and had a phased return over another month – but I kept bursting into tears at work and think I went back too soon	29/09/2011 22:03
Anna	Emotional\Depersonalisation	I was very calm and not in any pain. I put baby into the plastic box and we set off to hospital. As I walked into A&E I started to have contractions and was straightaway taken to a cubicle and given painkillers. I then lost the placenta and embarrassed the nurse by asking lots of questions about it – I was also surprised at how big it was! I was again taken up to gynae and kept in overnight	11/05/2011 23:13
Anna	Emotional\Depression	It was a week before I began to physically feel better, at which point the emotional impact hit me and I was very depressed	11/05/2011 23:06
Anna	Emotional\Guilt	My overwhelming feeling with this miscarriage was guilt – because we'd kept this pregnancy a secret. Nobody seemed to care and I didn't have any support from family and friends, I assume because it didn't affect them as they hadn't know about it. It felt like my baby was some kind of dirty secret.	30/09/2011 19:49
Bethany	Emotional\Self-blame	My head was just a complete mess. I kept thinking why is this happening to me, what's wrong with my body	11/05/2011 23:15
Danielle	Emotional\Anxiety	However, I am not enjoying being pregnant again I am constantly checking the toilet when I urinate to make sure there is no blood, and I am dreading the scan I just wish they did them in a room away from the waiting room in my hospital	11/05/2011 23:16
Danielle	Emotional\Depression	I was a mess I think talking this back now I was depressed but no-one picked up on it.	11/05/2011 23:17
Eloise	Emotional\Anger	anger, resentment towards my partner (as it felt like he'd got what he wanted	30/09/2011 19:52
Eloise	Emotional\De-realisation	This was appalling as I had to wait 3 days with the dead baby inside me, still suffering from very bad morning sickness – so a very surreal experience	11/05/2011 23:21
Eloise	Emotional\Guilt	My overall feelings at the time were guilt (what I had I done to cause the baby to die),	30/09/2011 19:52
Erin	Emotional\Guilt	As well as feeling sad I also felt very guilty – did I drink too much coffee, did I not wash the vegetables as well as I could have done..... I didn't talk to anyone about it, I couldn't, it was just too painful, so I bottled it all up.	11/05/2011 23:23

Erin	Emotional\Isolation	I remember hearing a mum in the playground telling someone she was expecting and I felt so alone, I couldn't say anything to them apart from Congratulations but inside it felt like my heart was breaking.	11/05/2011 23:24
Eva	Behaviours\Substance abuse/use	After that I think I was probably depressed but that was a natural reaction so I didn't go to the dr (I have suffered depression in the past and been on medication). I remember wanting to have a nice Christmas regardless and going a bit mad with the decorations as I was signed off work until the new year. I would get drunk at xmas parties and then get upset and my husband was the same	11/05/2011 23:28
Eva	Emotional\Anxiety	After that my big fear was premature labour and I would go to the dr or midwife asking really silly questions about why I could go into labour early. I would then cry after because although they had said there wasn't a problem I was obsessed that something would go wrong because I just couldn't envisage the baby at the end. People would be happy for me and I'd smile at them and then obsess because I hadn't felt the baby move as much that day. All these reactions are normal during pregnancy I think but I took them to a bit of an extreme.	11/05/2011 23:27
Eva	Emotional\Anxiety	My next big fear was the 20 week scan. I was so scared that there would be something wrong after we'd got so far I would cry again and had an upset stomach the night before. I remember one of my rituals was to put away any previous scan pictures before a scan so as not to tempt fat	11/05/2011 23:27
Eva	Emotional\Depression	I also still get upset to think about it but that's pretty normal I think as it was a sad and distressing time. I am now recovering from my depression and enjoy being a mother	30/09/2011 19:54
Eva	Emotional\Depression	I suffered from post natal depression after the birth and felt very detached from my son for a while	11/05/2011 23:26
Eva	Emotional\Numbness	I suffered from post natal depression after the birth and felt very detached from my son for a while. I think a lot of things contributed to this including a difficult labour and the hormonal changes after pregnancy but I also think that having a miscarriage contributed because I'd never fully accepted that I'd have a healthy baby at the end. I have since gone through counselling and we reached this conclusion too.	29/09/2011 22:13
Georgina	Emotional\Shock	I was in shock after this one, my eldest child aged 5 at the time asked me questions about what had happened every single day for the next two months, obviously even now they do not know the cause, but his questions were things like "Why was there blood coming from your bottom?"-answer "Because I had a poorly tummy". Painful as it was to keep going over this every day, I think it helped me to deal with it	12/05/2011 15:59
Grace	Emotional\Anxiety	The fear of miscarrying never really left me and I was paranoid about not being able to feel enough kicks later on	12/05/2011 16:04
Grace	Emotional\Numbness	I just felt so numb and panicked	12/05/2011 16:02
Grace	Emotional\Shock	I was completely shocked and devastated. I just felt so numb and panicked	29/09/2011 22:14
Holly	Emotional\Anxiety	It really affected me but we went on the following month to get pregnant - I didn't enjoy the pregnancy as I was worrying the whole time.	29/09/2011 22:05
Holly	Emotional\Shock	I was distraught I couldn't breathe, I couldn't think....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room watching me, I was that person that nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan	30/09/2011 19:58
Kayleigh	Behaviours\Avoiding medical facilities/personnel, pregnant women, children	We didn't see them much during the pregnancy then I found it very hard to bond with the baby once it was born	16/05/2011 13:14
Leah	Emotional\Depression	Following my miscarriage I have experienced a whole range of emotions, months of sleepless nights and really 'low' moments of feeling hopeless or despairing. I have found it a very lonely grief and quite isolating too at times.	16/05/2011 13:19
Leah	Emotional\Guilt	I felt so guilty that I never properly allowed myself to bond with the baby; I felt immense guilt for the way my body just got rid of the perfect baby	29/09/2011 22:10
Leah	Emotional\Isolation	Following my miscarriage I have experienced a whole range of emotions, months of sleepless nights and really 'low' moments of feeling hopeless or despairing. I have found it a very lonely grief	16/05/2011 13:19

		and quite isolating too at times.	
Leah	Emotional\Shock	I was shocked something could happen all so quickly and painful	16/05/2011 13:18
Louise	Emotional\Shock	At 11 weeks I began to bleed slightly at work. I rang the midwife who told me to go to the hospital the next day for a scan. The scan revealed what looked like an empty sac but the sonographer said that it looked as though the embryo had died at around 8 weeks. This was a 'missed miscarriage'. I was in even more shock.	30/09/2011 20:58
Molly	Emotional\De-realisation	The whole of that month was an emotional haze, whereby I was very low, I was not suicidal at any point I just desperately wanted things to be different. I described myself as treading water, underwater, feeling like I was drowning and just wanting things to be different.	25/08/2011 17:18
Nicole	Behaviours\Social withdrawal	I have had two miscarriages but my first one was the one that devastated me and resulted in me leaving my partner because he couldn't emotionally support me the way I needed	29/09/2011 22:03
Olivia	Behaviours\Avoiding medical facilities/personnel, pregnant women, children	My landlord (live-in) allowed a relative to move in with a newborn. And I really struggled to be in that house at all. I couldn't abide hearing this new baby cry, knowing I had just lost mine	16/05/2011 14:42
Olivia	Behaviours\Avoiding medical facilities/personnel, pregnant women, children	Even now, I cannot stand that hospital. I refuse to go there.	16/05/2011 14:44
Olivia	Emotional\Anger	I was angry, upset, frustrated, and guilty. I felt a physical pain in my heart and a tightness in my chest. And my eyes would ache, and I would want to burst into tears	16/05/2011 14:43
Olivia	Emotional\Anger	I am still angry with the hospital, because they never took me seriously, and kept sending me on my way	16/05/2011 14:44
Olivia	Emotional\Anxiety	The impact of the miscarriage actually spread a lot further than I even thought it would though, and all the way through my pregnancy with my son I was really anxious. Every ache, pain, cramp I was wondering if this would be it, if I'd lose another. I couldn't enjoy the whole being pregnant experience, because I was just too scared. I got a foetal heart monitor to listen to him. And every time I got worried and scared, I would listen to his heartbeat, and it helped me lose a little bit of my crazy.	30/09/2011 20:07
Olivia	Emotional\Anxiety	And every time I got worried and scared, I would listen to his heartbeat, and it helped me lose a little bit of my crazy.	16/05/2011 14:45
Olivia	Emotional\Guilt	I was angry, upset, frustrated, and guilty. I felt a physical pain in my heart and a tightness in my chest. And my eyes would ache, and I would want to burst into tears	16/05/2011 14:43
Olivia	Emotional\Guilt	I felt guilty, wondering what I could have done to prevent it. How I could have saved my baby. It was mine, and should have stayed with me. How could I have failed at protecting my baby before she was even born? My guilt also stems from the fact that the miscarriage actually strengthened my relationship with my ex, and we got back together and worked out our issues.	30/09/2011 20:59
Olivia	Emotional\Isolation	When the miscarriage happened, I couldn't stop crying, I couldn't think, couldn't sleep and couldn't eat. In the end I took about two weeks off work. Just to get away from everyone. I couldn't stand everyone knowing, and giving me sympathy, and it all felt so false. I just wanted to be left completely alone by them all	16/05/2011 14:41
Olivia	Emotional\Isolation	I ended up basically living back with my ex. He looked after me, made sure I ate, slept, and had someone to talk to. And although I wanted to be completely alone, he did not count as a person to be included in that.	30/09/2011 21:00
Olivia	Physical\Tightness in chest or throat	I was angry, upset, frustrated, and guilty. I felt a physical pain in my heart and a tightness in my chest. And my eyes would ache, and I would want to burst into tears	16/05/2011 14:43
Rosie	Emotional\Depression	If you made it through that thanks lol it brought up a lot of memories I truly believe time is a good healer but you don't forget I feel like I'm missing pieces of me now	16/05/2011 14:52
Rosie	Emotional\Guilt	When my little boy was born I had a huge wave of emotions hit me. I was so happy to have him but was still grieving for the baby I had lost which then made me feel guilty because if that pregnancy had gone a head I wouldn't have him. It was turmoil in my head for a while.	16/05/2011 14:48
Samantha	Emotional\Anxiety	It took until my youngest was 2 (after the most worrying pregnancy - will I go to term, will I miscarry, will I have another stillbirth and then guilt because I was happy my little boy was	16/05/2011 14:54



Samantha	Emotional\Depression	<p>alive and I'd lost all the others) to really feel normal again</p> <p>I went through a severe state of depression, I carried on day by day as is my wont, but inside I felt dead, I smiled, I laughed but all the time I felt I just really wanted to go hide in a corner and never come out a few months later my mum died which really kicked me even lower.</p>	16/05/2011 14:53
Samantha	Emotional\Guilt	<p>It took until my youngest was 2 (after the most worrying pregnancy - will I go to term, will I miscarry, will I have another stillbirth and then guilt because I was happy my little boy was alive and I'd lost all the others) to really feel normal again</p>	16/05/2011 14:54
Samantha	Emotional\Isolation	<p>I went through a severe state of depression, I carried on day by day as is my wont, but inside I felt dead, I smiled, I laughed but all the time I felt I just really wanted to go hide in a corner and never come out a few months later my mum died which really kicked me even lower.</p>	16/05/2011 14:53
Samantha	Emotional\Numbness	<p>My 2nd was a year after my son was stillborn and on Christmas Eve(2003), I felt like my world had ended, that my body had let me down. Emotionally it a long time before I could come to terms with it, and just as I was starting to feel less numb I had another miscarriage</p>	16/05/2011 14:53
Shannon	Emotional\Anxiety	<p>The second time I got pregnant I was constantly panicking about miscarrying again and was so on edge the whole 9 months</p>	16/05/2011 14:55

## **APPENDIX V**

### **Summary of Codings – Inductive Analysis**

Code System - Phases of the miscarriage experience [506 text segments]

#### **1: Early weeks of pregnancy [60]**

- Initial resentment at becoming pregnant [4]
- I was in my element [10]
- Physical issues
  - Pain [3]
  - Bleeding [7]
- When to share news of pregnancy [8]
- Sense of inevitability of loss [6]
- Fearful and anxious [7]
- Support issues [4]
  - Positive contact with professionals [1]
  - Lack of information [1]
- The scans
  - Relief [6]
  - Neutral [3]

#### **2: Finding out about the loss [106]**

- Holding on to hope [11]
- Finding out
  - Diagnosis [12]
  - Making decisions [4]
  - Immediate reactions
    - In denial [1]
    - Feeling understood [1]
    - Feeling isolated, alone [3]
    - Coped OK [1]
    - Relieved [1]
    - Feeling a failure [1]
    - Respect for remains [3]
    - Intense sadness [1]
      - Sadness [2]
      - Sadness and anger [1]

## **APPENDIX V (continued)**

- Physical signs of stress [1]
- Overwhelming sense of devastation on being informed of the miscarriage [14]
  - Emotional shock [12]
  - Shock [4]
- Distressed by places , people [6]
- Numbing, detachment? [4]
- Waiting for "completion"
  - Frustrated by wait time [9]
  - Brave coping [2]
- Importance of information [5]
- Contact with professionals
  - Negative [3]
  - Positive [4]

### **3: The Miscarriage event itself [93]**

- Sense of control
  - Feeling ok [2]
  - Handling it myself [2]
  - Being very aware, informed
  - Lack of information [7]
  - Loss of dignity [3]
  - Feeling powerless [8]
  - Totally unprepared [3]
- Support
  - Professional
    - Positive [7]
    - Negative [7]
  - Social [1]
- Cognitive impact
  - Trying to make sense of it [1]
  - It's a bit of a blur [2]
  - Out of body [1]
  - Fearing / wanting death [3]
  - Future wiped out [1]
- Emotional Impact
  - Relief [6]
  - Apprehension or desire to see the baby or PC [4]

## **APPENDIX V (continued)**

- Detachment, derealisation? [4]
- Intense grief [2]
- Physical symptoms
  - Reference to remains/removal [11]
  - Pain [5]
  - Blood [8]
  - Stress [1]
- Protecting family [4]

### **4:The aftermath [198]**

- Stress responses
  - Not being whole [1]
  - Physical symptom [1]
  - Feeling isolated [2]
  - Feeling numb [3]
    - Numbing with alcohol [1]
  - Re-experiencing [5]
  - Avoiding or being distressed by places [3]
- Physiological symptoms [6]
- Impact of prior miscarriage [23]
- Getting pregnant following a miscarriage [9]
  - Ambivalence? [1]
  - More scary than exciting [1]
  - Happy but at the same time sad [1]
  - Antidote to grief? [1]
- Obsessing with getting pregnant again [6]
  - Trying for another baby [15]
- Remembering
  - Trying to make sense of it [10]
  - Not taking time to grieve [2]
  - Ways to remember [3]
  - Anniversary impact [4]
  - Permanence of the memory [6]
- Emotional challenges
  - Toxic cocktail of emotions [2]
  - Guilty [12]
  - Feeling envious, upset about other pregnancies [9]
  - Feeling of having failed [2]

## **APPENDIX V (continued)**

- Anger [1]
- Very depressed [3]
- Sadness [3]
- Grief and yearning [4]
- Putting on a brave face [5]
- Sense of support
  - Social support lacking [3]
    - Things people say [10]
    - No acknowledgement of loss [4]
  - Positive social support - internet [3]
    - Positive social support [9]
  - Support lacking- professionals [8]
  - Helpful supportive professionals [5]
  - Things that helped [2]
  - Needing to be alone [2]
- Looking on the bright side? [2]
- Loss for the family [3]
  - Letting people know [2]

### **5: Reflecting on the impact [49]**

- Feeling of being grateful [9]
- Advice
  - For other miscarried women [3]
  - For professionals [4]
  - For the community [4]
- What sense can be made of all this?
  - Difficulty integrating the experience [5]
  - Developing a philosophical narrative about the miscarriage [5]
- What was helpful?
  - Faith and hope [1]
  - Counselling etc... [5]
  - Cathartic effect of writing? [5]
- Making difficult choices [2]
- Changed perception self [3]
- Lost dreams [3]

## APPENDIX Va

Coded segments in phase and code order (Inductive analysis)			
Document	Code	Segment	Creation date
Rosie	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	When I went to the hospital I had a scan which showed to me a perfect little baby moving around with a very strong heart beat. I was so relieved I cried and thought all would be ok. I also asked for a picture because I also knew that just because all was ok then it didn't mean that would continue.	10/07/2011 11:27
Kayleigh	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	We were over the moon, but I was obviously very worried and anxious the whole time.	22/07/2011 09:35
Molly	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	By this point I had contacted my husband and mother who both had joined me in a and e. I was sent home and told I would be contacted when I could come in and have a scan but was essentially told repeatedly that everything might still be ok. I knew this was not the case.	10/07/2011 12:50
Leah	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	Because of the problems I was experiencing I had another scan. I was feeling so sick from the anxiety of seeing my baby dead on the screen and I had already discussed what I wanted to do if/when it was dead to my husband. He was far more optimistic about the whole thing; saying "You don't know that it's not there." But I did know something was once again majorly wrong. And yet once again to my utter amazement we saw a healthy, beautiful baby	10/07/2011 12:40
Eva	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	At 9 weeks I had some spotting again and quite hysterically called the EPAU. We had to go to A and E again and they arranged a scan the day after. The spotting stopped that evening and I still felt ill so deep down knew that all was well. We had the scan and were given a due date of 16th November.	10/07/2011 18:13
Alicia	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	I kind of had a feeling that the pregnancy wasn't right, I think sometimes you just get that intuition, I'd been saying to my husband (then partner) that it didn't feel right and I just didn't feel pregnant (which I'm told is very different to how I should have felt!) I had no pregnancy symptoms or anything to make me feel/think that something should be wrong, but I just knew it was!!!	28/07/2011 22:53
Molly	Phases of the M experience\1 Early weeks of pregnancy\Fearful and anxious	At 7 weeks pregnant after having sex I experienced a very slight loss of blood which I took to have just been a consequence of intercourse although did worry. I tried contacting my mw that week but kept getting reassured by the common assumption that slight bleeding in early pregnancy is ok so long as there is not a lot and it is not fresh blood which mine was not. Throughout that week my anxiety was very high and every so often I experienced more brown discharge that I tried to ignore. At this time I felt so scared but just wished and wished everything to be ok and did not have the courage to voice my fears to anyone. It was on sun 31st Jan that I knew something was really wrong, and that night I cried myself to sleep telling myself I would just go up the hospital in the morning and demand an early scan. When I awoke that morning there was a lot more blood, fresh and so in reality I knew.	26/09/2011 14:59
Katherine	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	When I reached 11 weeks, I suddenly started to feel better. I thought it was strange but was very glad	13/07/2011 16:58
Lucy	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	We had tried for many years to have a baby, been diagnosed with unexplained infertility and also endometriosis (although turns out I also had fibroids) and had just reached the top of the waiting list for IVF treatment when I discovered I had returned from holiday diving in the M***** pregnant naturally. We were ecstatic and although I was very sick throughout, I was so happy I didn't care.	10/07/2011 15:49
Holly	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	My husband and I decided to try for a baby and one month later we were pregnant - I was shocked at how quickly it happened and we were very pleased. We already had a 3yr old boy so it was all perfect, we told him straightaway about the baby and he was pleased too.	22/07/2011 09:33

		<p>About 2 days after I found out I was pregnant I remember feeling very fluey and I went to bed for the day - which is not like me. I was shivering and sick. Looking back that was probably my body's way of rejecting the baby. At the time I just thought it was a horrible pregnancy symptom. I was pale and shaky-horrible when I think back to that day.</p> <p>Anyway weeks passed by and we talked about when the baby would be born (dd 06/08) and we talked about all our hopes and dreams for the future. I felt fabulous and didn't have any symptoms - I felt brilliant! I remember over Xmas people asking me how I was - was I tired etc. I didn't feel anything, just normal. I didn't know it at the time but that not a good thing! You should be getting some sort of symptom.</p>	
Molly	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I was so happy it had finally happened and I established my baby was due Sept 20th.	03/05/2011 15:19
Olivia	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I split up with my partner of 4+ yrs over my pregnancy, moved out of my home, and became a lodger. But, I was happy to be pregnant, if a little scared at the time.	08/05/2011 22:56
Elizabeth	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I had very regular periods and thought that it was odd that I hadn't tested positive straight away but didn't think any more of it than that. I didn't book straight in to see a doctor as I knew they wouldn't be able to do anything straight the way so I waited a couple of weeks and I remember having everything worked out in my head, I would be due in October so I would be on maternity leave for my daughter's first weeks at school and I could go back to college afterwards and put the baby in a crèche and I'd sorted all my finances and we were really looking forward to it	04/05/2011 21:28
Kayleigh	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I was in my element	23/04/2011 11:02
Leah	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I was both astounded and delighted when I become pregnant this year within a month of us really thinking about adding to our family	27/04/2011 16:07
Rosie	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	I got to eight weeks and was really happy. We had both discussed me being pregnant with people and because I had passed six weeks I magically thought I'm going to be ok.	28/07/2011 22:31
Erin	Phases of the M experience\1 Early weeks of pregnancy\I was in my element	Everything was going well, I felt sick, I was tired and generally doing ok. My tummy seemed to be getting bigger at an alarming rate, and it wasn't long before I'd dug out my old maternity trousers and wondered if anyone had guessed	13/07/2011 16:52
Amelia	Phases of the M experience\1 Early weeks of pregnancy\Initial resentment at becoming pregnant	This was an unplanned pregnancy. I had forgotten to take my pill and used a condom that split - thought we would be fine but as we conceive so easily I was not	24/06/2011 17:17
Abigail	Phases of the M experience\1 Early weeks of pregnancy\Initial resentment at becoming pregnant	The next morning at 7am I found out I was unexpectedly pregnant with baby number three. We were not planning on having any more children and it came as a total shock to us both. My initial instinct was anger and utter horror at the thought of going back to being enormously pregnant, breastfeeding, the sleepless nights, giving up my work as a doula and going back to the starting line again. We have two sons aged five and three and although they are challenging and tiring I have always refused to have anyone to help me look after them preferring to do the job alone to the best of my ability. However, the little one has started nursery and I would have some time & space for myself for the first time in 5 yrs. My husband told me he would support whatever decision I made but he also didn't feel that the timing was right to have another baby, nor did he really want one. I battled for a few weeks with my feelings and the practicalities but we eventually decided after much soul searching, rows and angst that a baby is a blessing and we would cope.	21/07/2011 16:31
Louise	Phases of the M experience\1 Early weeks of pregnancy\Initial resentment at becoming pregnant	I was not ready for a baby and was in a certain amount of denial. I was also a smoker, and liked a glass of wine or 2! I therefore found it very difficult to give up as I was under a certain amount of stress due to the shock of finding out. So I felt very guilty but still could /would not give up. I was also due to start a new job the week later	25/06/2011 23:19
Rosie	Phases of the M experience\1 Early weeks of pregnancy\Initial resentment at becoming pregnant	It was an unplanned pregnancy and we had talked about an abortion at the beginning of it but decided against that. I couldn't handle or live with the fact of ending a possible life. I	28/07/2011 22:29

		got to eight weeks and was really happy. We had both discussed me being pregnant with people and because I had passed six weeks I magically thought I'm going to be ok	
Holly	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	<p>Xmas passed and again we talked about our 2 kids and how our son would be with the baby. Then just before new year's eve I was at work and I started to bleed. It was such a scary experience. I panicked but also thought it must be normal. Then the cramps started.....then it all stopped so I thought it must be ok. I rang my husband to tell him and work sent me home to rest. I cried and was panicking. I couldn't believe that this could happen to me. The bleeding had completely stopped so I thought all must be fine - I kept going to the toilet to see if there was any more blood...nothing! Phew.</p> <p>New year's day came and went - all the excitement was there and we were again talking about the baby due in august. I was 9weeks pregnant - nearly 10 and we would be having our scan soon. 2nd Jan - I wake up and I am covered in blood. I am screaming and panicking and I call the Drs</p>	28/07/2011 22:24
Leah	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	Just one week later I noticed I was started to pass fresh blood, bright red as went to the toilet. My heart sunk and I knew things were now not looking good	14/07/2011 12:54
Elizabeth	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	In the days leading up to the first scan I had begun to bleed properly, a little at first but slowly getting worse and figured that at least when I had the scan I would know one way or another. I had read on the internet that some women bleed throughout pregnancy and give birth to a normal healthy baby so I was still clinging onto some sort of hope and even spent the evening before the scan picking out names.	14/07/2011 12:52
Amelia	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	I had a miscarriage in 2002 but literally just as I was about to do a pregnancy test. I had stomach cramps and heavy heavy bleeding but emotionally I was fine.	14/07/2011 12:56
Grace	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	At about 6 weeks I started spotting – I phoned the early pregnancy unit in panic and they were great . I had a vaginal scan and they found a heartbeat and all was fine. Such relief. I then spotted every week – each time I was so worried – each time It was fine.	14/07/2011 12:55
Bethany	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	I started to bleed on the Saturday night , rang nhs direct and was told to wait it out and see what happened. I remember spending most of the weekend in tears, much as people were saying it can be quite common to bleed and anything be ok there was a doubt in my mind, much as I didn't want to believe it was ending	14/07/2011 12:50
Eva	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Bleeding	A few days later I took a tumble on some ice on the way to work but thought nothing of it until I noticed some spotting the next morning.	14/07/2011 12:54
Leah	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Pain	<p>At ~11 weeks I had a sudden and very acute onset of pain and my husband rushed me to hospital. I have obviously experienced childbirth once but the pain was much worse than that as it was relentless and increasing. I was terrified something catastrophic with the cyst had gone wrong and my fears were soon realised. I underwent immediate emergency surgery and it was found the cyst had twisted and the ovary was beginning to necrose. It meant, therefore, that the ovary and cyst were removed.</p> <p>Before the surgery I was made aware of the fact that any surgery in pregnancy comes with risks for the baby. I said very clearly to the doctors that I was very well aware of this fact but I have a belief in God, which helps me to 'cope' with this fact. Also in my professional career I am a neonatal nurse and I knew that surgery now was risky for the baby and yet I also completely understood the necessity for this surgery. I had the operation and just 2 days later I had another scan which showed our perfect little baby was alive and kicking</p>	21/07/2011 18:34
Leah	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Pain	Around 7/8 weeks I was admitted overnight to hospital as I was in a lot of pain and there were concerns I was having an ectopic pregnancy. I was scanned and this was not the case; there was one healthy baby in the right place but I also had a 'large simple ovarian cyst'	10/07/2011 15:57
Olivia	Phases of the M experience\1 Early weeks of pregnancy\Physical issues\Pain	I was 13 weeks 1 day when I had my miscarriage, but I started getting pain for about 3 days beforehand. I was having a lot of pain, stomach ache and cramps, but no blood. I started getting pain on the Friday evening, but it was like period pain, and I had heard that it was quite common. The	25/09/2011 22:14



		pains got worse on the Saturday, so I called up NHS Direct, and they sent me to the hospital. They gave me a cursory check up and then sent me home.	
Elizabeth	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	So of course I went on the internet and scared myself silly looking at symptoms of ectopic pregnancy and it seemed like I had quite a few of them. I was trying to keep positive but I had a strange feeling like deep down I knew the pregnancy wasn't going to work out, gut instinct maybe? I felt quite matter of fact about it and thought that maybe it was for the best and 'what will be will be'.	28/07/2011 11:43
Eva	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	I was totally obsessed with the statistics throughout the entire pregnancy, 1 in 4, 1 in 100, but it didn't matter because I'd always reach the same conclusion - it has to be someone so it's bound to happen to me	10/07/2011 13:00
Leah	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	He was far more optimistic about the whole thing; saying "You don't know that it's not there." But I did know something was once again majorly wrong. And yet once again to my utter amazement we saw a healthy, beautiful baby. The scan was done very quickly because that week I was due my more accurate dating scan	10/07/2011 12:46
Lucy	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	At 19 weeks I felt unwell, even more so than I had been, and the following morning shortly after I got up my waters broke. Even as we drove to hospital and I was telling my husband it would be all right, I knew it wouldn't, that we were going to lose our baby	26/09/2011 15:04
Alicia	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	The next day we went for my 12 week scan, which was at ***** local hospital, the sonographer was taking ages and I just knew the dream had been right, but she was very thorough and then said "I'm so sorry, there's no baby" - yes, the hairs on my body stood on end!!!	21/07/2011 19:41
Kayleigh	Phases of the M experience\1 Early weeks of pregnancy\Sense of inevitability of loss	About 2 days before my 12 week scan I started bleeding. I knew then what was happening and when we went in they confirmed a missed miscarriage again. Once again we were devastated.	26/09/2011 15:09
Eloise	Phases of the M experience\1 Early weeks of pregnancy\Support issues	My new partner was not exceptionally happy about the pregnancy – but “going along for the ride”	12/07/2011 11:32
Olivia	Phases of the M experience\1 Early weeks of pregnancy\Support issues	I was 13 weeks 1 day when I had my miscarriage, but I started getting pain for about 3 days beforehand. I was having a lot of pain, stomach ache and cramps, but no blood. I started getting pain on the Friday evening, but it was like period pain, and I had heard that it was quite common. The pains got worse on the Saturday, so I called up NHS Direct, and they sent me to the hospital. They gave me a cursory check up and then sent me home. They stated that they couldn't do a scan so would have to wait, and if I was still in pain on Monday to go back then. Sunday, I was in agony, got taken to the hospital a second time. And again, they would not do anything. I was convinced I was having a miscarriage. But until there was sight of blood, they wouldn't take any action or book any emergency scan. I went home, took two paracetamol and curled up in my bed	21/07/2011 18:29
Victoria	Phases of the M experience\1 Early weeks of pregnancy\Support issues	I only had a little bleeding so the midwife sent me in for a scan ( this was a sat eve so had to wait till mon morning) . I had to travel to my local hospital and wait in a waiting room with people ranging from those who were having healthy pregnancies to those who already knew they had miscarried and were utterly distraught	12/07/2011 11:28
Rosie	Phases of the M experience\1 Early weeks of pregnancy\Support issues	I didn't really know how to feel, my sister was carrying on as if life was still the same. While I was waiting for my scan in a crowded waiting room all these pregnant happy people and my sister was just chatting to me like it was an ordinary day	12/07/2011 11:23
Victoria	Phases of the M experience\1 Early weeks of pregnancy\Support issues\Lack of information	They took blood to check hormone levels. I was told that there was a possibility that it was a molar pregnancy but was not told any information about it and had to look it up on the internet when I got home	21/07/2011 19:45
Eva	Phases of the M experience\1 Early weeks of pregnancy\Support issues\positive contact with professionals	I had some more spotting at 14 weeks and went to the midwife drop in clinic in a state. The midwife was very kind and found the baby's heartbeat on a doppler so I relaxed again for a few days and the spotting stopped.	11/07/2011 15:10
Anna	Phases of the M experience\1 Early weeks of pregnancy\the scans\Neutral	The scan revealed that there was still a sac inside me with something inside. When I was finally discharged I was	10/07/2011 18:38

		advised to have bed rest and return a week later for a scan	
Elizabeth	Phases of the M experience\1 Early weeks of pregnancy\the scans\Neutral	I still wasn't feeling any of the usual symptoms like sore boobs or nausea but I had booked in to see the doctor so I mentioned it to him casually thinking he was going to say it was perfectly normal. But he didn't, he said he was going to book me in for a scan to rule out ectopic pregnancy but he couldn't arrange one for 10 days as they were really busy. So of course I went on the internet and scared myself silly looking at symptoms of ectopic pregnancy and it seemed like I had quite a few of them. I was trying to keep positive but I had a strange feeling like deep down I knew the pregnancy wasn't going to work out, gut instinct maybe? I felt quite matter of fact about it and thought that maybe it was for the best and 'what will be will be'. In the days leading up to the first scan I had begun to bleed properly, a little at first but slowly getting worse and figured that at least when I had the scan I would know one way or another. I had read on the internet that some women bleed throughout pregnancy and give birth to a normal healthy baby so I was still clinging onto some sort of hope and even spent the evening before the scan picking out names.	10/07/2011 18:51
Rosie	Phases of the M experience\1 Early weeks of pregnancy\the scans\Neutral	I was booked in for a scan a week later and asked not to take any more voltoral in case I was still pregnant. I was in a lot of pain all week but still got on with doing things I didn't want to stop. When I had my scan I went alone my husband was watching our other children and I thought I could cope with being told what I already knew	10/07/2011 18:28
Georgina	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	Just before 8 weeks with my second miscarriage baby I had a private (internal) scan, in which I saw the baby moving	10/07/2011 18:47
Grace	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	I had my first miscarriage during my very first pregnancy. I was so excited to be pregnant but hadn't told anyone during the first few weeks. At about 6 weeks I started spotting – I phoned the early pregnancy unit in panic and they were great. I had a vaginal scan and they found a heartbeat and all was fine. Such relief. I then spotted every week – each time I was so worried – each time it was fine	10/07/2011 18:35
Leah	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	And yet once again to my utter amazement we saw a healthy, beautiful baby. The scan was done very quickly because that week I was due my more accurate dating scan	10/07/2011 18:29
Eva	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	I remember one of my rituals was to put away any previous scan pictures before a scan so as not to tempt fate. The sonographer couldn't look at the baby's heart properly for ages during that scan as he kept moving about and I was so scared then there was something wrong. There wasn't though and we were told we were having a little boy.	10/07/2011 18:55
Rosie	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	I was so relieved I cried and thought all would be ok. I also asked for a picture because I also knew that just because all was ok then it didn't mean that would continue	10/07/2011 18:27
Eva	Phases of the M experience\1 Early weeks of pregnancy\the scans\Relief	I had the scan at 7 weeks and the baby was seen with a beating heart, although I was a week behind on my dates which I found a worry. I stopped worrying a little though as everyone said that once a heartbeat is seen the chances of miscarrying go down although a lot of my symptoms disappeared the week after	10/07/2011 18:54
Eva	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	We went on holiday to B***** at the end of February/beginning of March and when we got back ... I discovered I was pregnant again on the first month we had tried. We were both very scared and very cautious (but still told our parents the week after and I told one friend).	07/05/2011 18:01
Molly	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	We waited until 6 weeks before we told anyone although the excitement was there from when I found out at 4 weeks. We didn't tell a lot of people as like everyone says 'we obviously knew it was early days', however I never really believed something would happen to me.	28/07/2011 23:02
Millie	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	We happily bowled along thinking 'that won't happen to us' and had started to tell family and close friends	23/06/2011 16:29
Eva	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	I was calm for about a day after that and then started worrying again, after all last time I'd had a scan and was told the baby was fine and it still died. I booked a dating scan with B..... as the NHS were going to wait until the 20 week one as 9 weeks was close enough to 12. I couldn't allow myself to announce	07/05/2011 18:05

		my pregnancy though on the back of that scan, I would think it was tempting fate and thought I'd be paid back somehow for being so foolhardy and announcing before a 12 week scan.	
Olivia	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	I had passed 12 weeks, and so had told my work, my friends, and my family. I thought that passing that magic 12 weeks meant that it was 'safe'.	28/04/2011 21:57
Grace	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	I had my first miscarriage during my very first pregnancy. I was so excited to be pregnant but hadn't told anyone during the first few weeks.	23/06/2011 16:23
Millie	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	Didn't talk about being pregnant, told very few friends, parents not until about 16 weeks	27/04/2011 21:15
Amelia	Phases of the M experience\1 Early weeks of pregnancy\When to share news of pregnancy	As with all our pregnancies we tried to keep quiet till 12 weeks but I had to wear maternity trousers from 8 weeks and I had awful morning sickness	03/05/2011 15:01
Victoria	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Negative	I was then passed on to a sympathetic midwife while I waited for the consultant. They left us in a room with no information and actually forgot about us until they realised we were there. The consultant I saw was a junior and very matter of fact. I was not offered any support or counselling	11/07/2011 15:00
Danielle	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Negative	I wanted to go home but they made me talk to a nurse which I didn't want to do. I knew they couldn't explain why it happened. It turned out that I miscarried at 8 weeks with no symptoms at all.	11/07/2011 15:48
Abigail	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Negative	The gynae begins a trans-vaginal scan and then before he can have a proper look or tell me what he sees goes out the room to take a phone call. He leaves me half naked in a sheet for thirty minutes with no apology or explanation with a nurse who has verbal diarrhoea and a serious lack of interpersonal skills. Eventually he saunters back to tell us his car has been clamped. Once he remembers I am lying there waiting to see if my baby is alive or not he carries out the scan and tells me that he can see a pregnancy sac and a foetus and that I am 4-5 weeks pregnant	28/07/2011 12:42
Millie	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Positive	We had to walk back through the waiting room of expectant parents, hideous. But care provided once on the EPU was great	27/07/2011 11:35
Grace	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Positive	The sonographer was lovely and we chatted and I got ready to be scanned – then there was a really long pause and ominous silence when she scanned my tummy. My heart dropped and I knew immediately that something was wrong and she told me that she couldn't find a heartbeat and that the baby had died in the womb.	27/07/2011 16:46
Danielle	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Positive	I went home after being allowed out the fire exit at the hospital as I didn't want to see all those people with their babies, The midwife come round and she was really nice explaining what happened next and she told me she sees 5 of the same cases A DAY!	11/07/2011 15:49
Amelia	Phases of the M experience\2 Finding out about the loss\Contact with professionals\Positive	I remember screaming when the scan person told me she could see no heartbeat and then feeling really bad for upsetting the people waiting for their scans - the baby died at 10 and a bit weeks though I got to 13 1/2 weeks. The scan lady was excellent. I did ask to keep the scan photo.	11/07/2011 15:29
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	Within an hour I am shown & told in no uncertain terms by a kind & very personable lady sonographer that I do have a 9 week pregnancy sac but the baby didn't make it much past 5 weeks and I have had a "missed miscarriage". Rather than the body simply rejecting and miscarrying the pregnancy the foetus does not develop but your hormones continue to rise and you still feel and assume you are pregnant.	21/07/2011 16:24
Lucy	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	We had tried for many years to have a baby, been diagnosed with unexplained infertility and also endometriosis (although turns out I also had fibroids)	24/04/2011 22:55
Victoria	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	The first miscarriage was at 13 weeks, I only had a little bleeding so the midwife sent me in for a scan ( this was a sat eve so had to wait till mon morning) . I had to travel to my local hospital and wait in a waiting room with people ranging from those who were having healthy pregnancies to those who already knew they had miscarried and were utterly distraught. On completion of the scan I was told that there was no baby there but there was some kind of residue.	21/07/2011 16:27

Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	I went back to the hospital on 2 more occasions and a complete miscarriage was confirmed	03/05/2011 15:34
Katherine	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	I was particularly sick with my first so it was no surprise. When I reached 11 weeks, I suddenly started to feel better. I thought it was strange but was very glad. On the 24th of January 2008, at 13 weeks, I had my scan at our local Maternity Unit. Myself and my husband was sadly told that there was no heartbeat and that our baby had stopped growing at 11 weeks when I started to feel better	21/07/2011 16:23
Bethany	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	I was just over 9 weeks pregnant. I started to bleed on the Saturday night , rang nhs direct and was told to wait it out and see what happened. I remember spending most of the weekend in tears, much as people were saying it can be quite common to bleed and anything be ok there was a doubt in my mind, much as I didn't want to believe it was ending. On the Sunday the bleeding was not much. The Monday I made an appointment to see my GP to get an early scan done. They managed to arrange an early scan for that week.  The early scan revealed that I had a sac measuring 5 weeks so either I was miscarrying or I wasn't as far gone as I thought.	21/07/2011 19:42
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	I wanted to go home but they made me talk to a nurse which I didn't want to do. I knew they couldn't explain why it happened. It turned out that I miscarried at 8 weeks with no symptoms at all	21/07/2011 16:24
Shannon	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	I had my miscarriage in June 2006. It was a missed miscarriage. I was told by the diagnosing doctor that having the tablets to finish things off and spending the day and night in hospital was the least traumatic way to deal with it	21/07/2011 16:28
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	Despite working in a healthcare role and being what I thought was reasonably 'up' on pregnancy had never even heard of MMC - first was when I asked a midwife was it normal to feel so 'well' - I'd had very little sickness since about 7 weeks and in hindsight, can remember the exact day the smell of coffee no longer made me feel ill - when the results of the D&C came back this tied in with the time the pregnancy had ended.	21/07/2011 16:20
Louise	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	At 11 weeks I began to bleed slightly at work. I rang the midwife who told me to go to the hospital the next day for a scan. The scan revealed what looked like an empty sac but the sonographer said that it looked as though the embryo had died at around 8 weeks. This was a 'missed miscarriage'.	04/05/2011 20:25
Kayleigh	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	Around 2 weeks before my 12 week scan I started bleeding so went for an early scan. It was found that I'd had a missed miscarriage	21/07/2011 16:25
Kayleigh	Phases of the M experience\2 Finding out about the loss\Finding out\Diagnosis	About 2 days before my 12 week scan I started bleeding. I knew then what was happening and when we went in they confirmed a missed miscarriage again.	21/07/2011 16:25
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Coped OK	I had a miscarriage in 2002 but literally just as I was about to do a pregnancy test. I had stomach cramps and heavy heavy bleeding but emotionally I was fine.	25/06/2011 22:50
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by places , people	The next stage was awful as I was taken back into the same waiting room with happy expectant mums waiting for their scans. Ten minutes ago I was a mummy to be like one of them (I actually already thought of myself as a mummy) and now I was suddenly not.	27/07/2011 16:11
Victoria	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by places , people	The first miscarriage was at 13 weeks, I only had a little bleeding so the midwife sent me in for a scan ( this was a sat eve so had to wait till mon morning) . I had to travel to my local hospital and wait in a waiting room with people ranging from those who were having healthy pregnancies to those who already knew they had miscarried and were utterly distraught	27/07/2011 16:53
Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by places , people	Seeing the womb empty on the screen was heart breaking, it felt like everything was crumbling around me. I was then taken into a different room, a room just for bad news! and was then given lots of leaflets and told to come back the next day for repeat bloods so they could confirm a 'complete miscarriage'.	07/07/2011 17:09
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by	I was distraught I couldn't breathe, I couldn't think.....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room watching me, I was that person that	07/07/2011 17:09

	places , people	nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan	
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by places , people	He came to give me a hug, The hospital then let me walk out into a room full of people with bumps and people waiting for their 12 weeks scan. I walked out still crying my heart out knowing I had a dead blob inside me.	27/07/2011 16:10
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Distressed by places , people	At 12 wk scan - first sign something wrong was when room went silent, operator asked if she could perform internal scan and get a colleague in but nobody told us why. Did an internal scan and told the result. We had to walk back through the waiting room of expectant parents, hideous	07/07/2011 17:07
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Feeling a failure	I burst into tears not knowing what else to do, I was numb I felt a failure that for some strange reason I couldn't even bring a little human into this world. I turned around and looked at my Fiancé and I had let him down	27/07/2011 16:10
Victoria	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Feeling isolated, alone	They left us in a room with no information and actually forgot about us until they realised we were there. The consultant I saw was a junior and very matter of fact. I was not offered any support or counselling.	27/07/2011 16:45
Rosie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Feeling isolated, alone	When I had my scan I went alone my husband was watching our other children and I thought I could cope with being told what I already knew. I was fine when the midwife did the scan I even smiled at her at the end. She sat me down and told me it was ok to be upset that no matter how many children I have I have still lost one. I cried for hours after that and for a long time after	27/07/2011 16:25
Eloise	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Feeling isolated, alone	The appointment couldn't be held, so I went in for the scan on my own – only to find that the baby had died	10/07/2011 18:23
Rosie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Feeling understood	When I had my scan I went alone my husband was watching our other children and I thought I could cope with being told what I already knew. I was fine when the midwife did the scan I even smiled at her at the end. She sat me down and told me it was ok to be upset that no matter how many children I have I have still lost one. I cried for hours after that and for a long time after	12/07/2011 11:55
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\in denial	Ten minutes ago I was a mummy to be like one of them (I actually already thought of myself as a mummy) and now I was suddenly not. I was then taken to a room and the doctor talked through the options. They kept asking what I wanted to do and I remember shouting 'I just want to have my baby and for everything to be fine'. I did eventually decide to go home and see if I would miscarry naturally	27/07/2011 16:57
Eva	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Intense sadness	At the scan the next day we were told that the baby had passed on at 8 weeks, it had nothing to do with the fall it was just one of those things. We were both devastated, I don't think I have ever felt so sad in my entire life and seeing my husband so wrecked made it so much worse.	27/07/2011 16:15
Rosie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Intense sadness\Sadness	When I had my scan I laid down and she used the internal scan, she was gentle polite and apologetic that she couldn't find anything it was then I started to cry it's amazing how right to the end you want to hold on to hop	25/09/2011 22:31
Eva	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Intense sadness\Sadness	At the scan the next day we were told that the baby had passed on at 8 weeks, it had nothing to do with the fall it was just one of those thing	10/07/2011 18:55
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Intense sadness\Sadness\Sadness and anger	Very sad and angry, though I decided to return to work the following day (where nobody knew I was pregnant bar boss and close colleagues) as there was a week to wait for the D&C and no point weeping at home thinking about dead foetus inside me. I could cope as long as nobody tried to be sympathetic in person and still think this was right decision for me - even handled a completely innocent conversation where a colleague asked if I would like children one day	27/07/2011 16:38
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Numbing, detachment?	The sonographer was lovely and we chatted and I got ready to be scanned – then there was a really long pause and ominous silence when she scanned my tummy. My heart dropped and I knew immediately that something was wrong and she told me that she couldn't find a heartbeat and that the baby had died in the womb. I was completely shocked and devastated. I just felt so numb and panicked.	10/07/2011 12:23

Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Numbing, detachment?	That evening I was numb, friends came over and I just cried, my husband was there but didn't know what to do to make anything better, we were both helpless	27/07/2011 16:07
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Numbing, detachment?	I ring my husband to tell him that not only is our baby dead and I now have to go to hospital and have it removed in a few days I can't even come home and discuss it as I'm going to attend a birth. I go into doula autopilot	27/07/2011 17:00
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Numbing, detachment?	I am a bit scared but totally in agreement with this and it feels like the best and right thing to do. I am then sent for blood tests. Because I am on my own I have no time to indulge in crying or being upset. I just go from room to room, ask the questions I need to and take it all on the chin. This is good because as I leave the blood test my phone goes and my lady is in hard labour and wants me to go to her.	27/07/2011 17:01
Alicia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	Then the 3rd miscarriage struck, but this time I had tested early in my cycle. It was my husband's birthday and when I'd asked him what he wanted, he had said " a positive preg test!!" We were both thrilled when this was so, but it wasn't to be, just 2 days later I had a spontaneous miscarriage at home, this time I really was devastated and cried and cried for age	27/07/2011 11:59
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	The sonographer was lovely and we chatted and I got ready to be scanned – then there was a really long pause and ominous silence when she scanned my tummy. My heart dropped and I knew immediately that something was wrong and she told me that she couldn't find a heartbeat and that the baby had died in the womb. I was completely shocked and devastated. I just felt so numb and panicked	27/07/2011 16:12
Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	Seeing the womb empty on the screen was heart breaking, it felt like everything was crumbling around me. I was then taken into a different room, a room just for bad news! and was then given lots of leaflets and told to come back the next day for repeat bloods so they could confirm a 'complete miscarriage'. That evening I was numb, friends came over and I just cried, my husband was there but didn't know what to do to make anything better, we were both helpless.	28/07/2011 23:46
Kayleigh	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	Once again we were devastated. I started to think maybe we would never get past this stage and it would never happen for us.	27/07/2011 11:55
Katherine	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	Myself and my husband was sadly told that there was no heartbeat and that our baby had stopped growing at 11 weeks when I started to feel better. That was because the baby had stopped taking any nutrients from me. We were told to go to a larger hospital in the city so that we could have a second scan to confirm the first result. We did that and it was confirmed. We were very shocked and devastated at the result	27/07/2011 11:57
Georgina	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I was knocked sideways after my first miscarriage, partly because I had had two easy pregnancies before, partly because the baby was due just before Christmas	08/05/2011 23:50
Olivia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I was completely devastated. I had left my home, and my boyfriend to have this baby and I was left with nothing. I had nothing	28/04/2011 21:56
Nicole	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I have had two miscarriages but my first one was the one that devastated m	24/04/2011 22:19
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I had an internal examination and the ladies were very nice but I just felt like crap. We went to pick our son up and I couldn't go home so we just drove and drove, I remember the song on the radio was Leona Lewis - Run. It still upsets me now when I hear it. It's the hopes and dreams that end and the anticipation of it all	10/07/2011 17:59
Erin	Phases of the M experience\2 Finding out about the loss\Finding out about the loss\Finding out	All seemed to be going well until the date of the 12 week scan arrived. That was when we found out there was no heartbeat,	26/04/2011 21:12

	out\Immediate reactions\Overwhelming sense of devastation on being informed of M	we were devastated	
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	After barging through the doors to the treatment area and bursting into tears a nurse took pity on me and did a blood test. I was told I needed to see a gyne but there wasn't one to be found anywhere. I was exhausted and emotional and made the decision to leave and go home to bed. Then followed a farcical 2 hours the following day on the phone being given the run around and blocked by rules and regulations when trying to get the blood test results. Eventually after no joy they booked me in for a scan the following week.	27/07/2011 16:31
Eva	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	We were both devastated, I don't think I have ever felt so sad in my entire life and seeing my husband so wrecked made it so much worse	07/05/2011 17:02
Kayleigh	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I was devastated. Why had this happened to us when we wanted it so much	27/07/2011 11:54
Leah	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M	I was devastated shouting at my husband that I knew this would happen, I knew something was wrong	27/04/2011 16:28
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	We arrived for the scan and we were surrounded by people showing off their baby pics and excitedly waiting to see their babies on the screen. We had no idea what we were gonna see. The lady said to me 'how far did you think u were?'. I said 'I am 10 weeks'. She just said 'no, that's not what I am seeing I am sorry but there is no heartbeat and the pregnancy hasn't progressed passed approx 6wks!!! She said she would do an internal scan just to get a closer look. I was distraught I couldn't breathe, I couldn't think.....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room watching me, I was that person that nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan. The internal scan confirmed the pregnancy had ended, I had had a missed miscarriage. I	25/09/2011 23:30
Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	Seeing the womb empty on the screen was heart breaking, it felt like everything was crumbling around me. I was then taken into a different room, a room just for bad news! and was then given lots of leaflets and told to come back the next day for repeat bloods so they could confirm a 'complete miscarriage'.	10/07/2011 18:45
Katherine	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	On the 24th of January 2008, at 13 weeks, I had my scan at our local Maternity Unit. Myself and my husband was sadly told that there was no heartbeat and that our baby had stopped growing at 11 weeks when I started to feel better. That was because the baby had stopped taking any nutrients from me. We were told to go to a larger hospital in the city so that we could have a second scan to confirm the first result. We did that and it was confirmed. We were very shocked and devastated at the result	25/09/2011 23:29
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	all of a sudden she went very quiet and I just stayed staring at the ceiling. Then I knew what had happened when she asked "Have you had any bleeding or stomach pains at all" ( I hadn't had these pains or bleeding) I burst into tears not knowing what else to do, I was numb	25/09/2011 13:25
Eloise	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	I went for an early scan due to some bleeding at 8 weeks and all was well – so I relaxed considerably. I then went for my 12 week scan on a Friday afternoon – it was a day of heavy rain, and my partner had left work late – so I was in hospital with my eldest waiting for him. The appointment couldn't be held, so I went in for the scan on my own – only to find that the baby had died. I was completely unable to re-act as my 5 year old was unaware of what was happening	14/07/2011 12:35
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming	I rang the ward where I was due for my ERPC and they booked me in for a scan, I was relieved to not have this horrible operation. I went and unfortunately the thing inside	25/09/2011 23:28

	sense of devastation on being informed of M\Emotional shock	me was still 6cm X 4cm. 2 weeks later I was in for my day operation	
Anna	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	At seven weeks I had a scan – there was a little baby, bouncing about, its little arm and leg buds were visible and it had a strong heartbeat! It was overwhelming! I had twice weekly injections of hcg. At 12 weeks I had a dating scan – and there was no heartbeat	10/07/2011 18:40
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	At 12 wk scan - first sign something wrong was when room went silent, operator asked if she could perform internal scan and get a colleague in but nobody told us why. Did an internal scan and told the result	10/07/2011 18:41
Louise	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	At 11 weeks I began to bleed slightly at work. I rang the midwife who told me to go to the hospital the next day for a scan. The scan revealed what looked like an empty sac but the sonographer said that it looked as though the embryo had died at around 8 weeks. This was a 'missed miscarriage'. I was in even more shock. By now, we had got used to the idea, had told friends and family and were looking forward to the baby coming.	25/09/2011 13:22
Erin	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	All seemed to be going well until the date of the 12 week scan arrived. That was when we found out there was no heartbeat, we were devastated.	28/07/2011 23:12
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	On that day I had some light brown bleeding. I realised immediately and went to the supermarket to buy ready meals for tea since I knew I would be unable to cook - how weird is that. (My first scan was meant to be the next day). We rang the hospital to see what to do and went in for an immediate scan - having left the other children being picked up and looked after by friends - one of whom (my best friend) was also pregnant and due 2 months after me. I remember screaming when the scan person told me she could see no heartbeat and then feeling really bad for upsetting the people waiting for their scans - the baby died at 10 and a bit weeks though I got to 13 1/2 week	21/07/2011 19:51
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Emotional shock	Things did settle down and finally the day came for my first booking in scan (I was now 13 weeks pregnant). I planned to tell my family and friends the good news after this.  The sonographer was lovely and we chatted and I got ready to be scanned – then there was a really long pause and ominous silence when she scanned my tummy. My heart dropped and I knew immediately that something was wrong and she told me that she couldn't find a heartbeat and that the baby had died in the womb. I was completely shocked and devastated. I just felt so numb and panicked	10/07/2011 18:36
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Shock	We had no idea what we were gonna see. The lady said to me 'how far did you think u were?'. I said 'I am 10 weeks'. She just said 'no, that's not what I am seeing I am sorry but there is no heartbeat and the pregnancy hasn't progressed passed approx 6wks!!! She said she would do an internal scan just to get a closer look. I was distraught I couldn't breathe, I couldn't think.....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room watching me, I was that person that nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan.	27/07/2011 16:13
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Shock	Ten minutes ago I was a mummy to be like one of them (I actually already thought of myself as a mummy) and now I was suddenly not. I was then taken to a room and the doctor talked through the options. They kept asking what I wanted to do and I remember shouting 'I just want to have my baby and for everything to be fine'. I did eventually decide to go home and see if I would miscarry naturally	28/07/2011 23:41
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming sense of devastation on being informed of M\Shock	I remember screaming when the scan person told me she could see no heartbeat and then feeling really bad for upsetting the people waiting for their scans - the baby died at 10 and a bit weeks though I got to 13 1/2 weeks.	27/07/2011 16:08
Louise	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Overwhelming	The scan revealed what looked like an empty sac but the sonographer said that it looked as though the embryo had died at around 8 weeks. This was a 'missed miscarriage'. I	27/07/2011 16:55



	sense of devastation on being informed of M\Shock	was in even more shock.	
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Physical signs of stress	We had no idea what we were gonna see. The lady said to me 'how far did you think u were?'. I said 'I am 10 weeks'. She just said 'no, that's not what I am seeing I am sorry but there is no heartbeat and the pregnancy hasn't progressed passed approx 6wks!!! She said she would do an internal scan just to get a closer look. I was distraught I couldn't breathe, I couldn't think.....horrible!! I ran out of the room to go to the loo and all the people were in the waiting room watching me, I was that person that nobody wanted to see, the one who stressed everyone else out because they had got bad news at their scan.	10/07/2011 17:57
Louise	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Relieved	Afterwards a further scan revealed that everything had come away (thank god - I was dreading having to have a 'scrape'), but also that I was anaemic, and I also found out I have rhesus negative blood	25/06/2011 23:16
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Respect for remains	Very sad and angry, though I decided to return to work the following day (where nobody knew I was pregnant bar boss and close colleagues) as there was a week to wait for the D&C and no point weeping at home thinking about dead foetus inside me.	18/07/2011 18:51
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Respect for remains	I looked at the leaflet which stated evacuation of retained products of conception and I froze. It was a baby not some medical name for it, It was going to be a life that I created. Why at 21 and being perfectly healthy was I going through this	11/07/2011 20:27
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Immediate reactions\Respect for remains	Having to wait that night still with the baby inside was awful. It felt like it was going to fall out and I felt I needed to hold my tummy up - very odd. I just could think of nothing worse than going to the loo and seeing this dead tiny baby in the toilet and then what do you do - flush it away?	13/07/2011 17:12
Victoria	Phases of the M experience\2 Finding out about the loss\Finding out\Importance of information	They left us in a room with no information and actually forgot about us until they realised we were there. The consultant I saw was a junior and very matter of fact. I was not offered any support or counselling.	27/07/2011 16:45
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Importance of information	The internal scan confirmed the pregnancy had ended, I had had a missed miscarriage. I had never heard of that before....nightmare	11/07/2011 20:57
Danielle	Phases of the M experience\2 Finding out about the loss\Finding out\Importance of information	I looked at the leaflet which stated evacuation of retained products of conception and I froze. It was a baby not some medical name for it, It was going to be a life that I created. Why at 21 and being perfectly healthy was I going through this	27/07/2011 11:16
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Importance of information	Despite working in a healthcare role and being what I thought was reasonably 'up' on pregnancy had never even heard of MMC - first was when I asked a midwife was it normal to feel so 'well' - I'd had very little sickness since about 7 weeks and in hindsight, can remember the exact day the smell of coffee no longer made me feel ill - when the results of the D&C came back this tied in with the time the pregnancy had ended.	27/07/2011 16:52
Louise	Phases of the M experience\2 Finding out about the loss\Finding out\Importance of information	Anyway, the hospital did not give me clear information about the options but I know strongly that I did not want any medical intervention. I had no idea what would happen to me during a natural miscarriage (I elected to go home and sit it out).	27/07/2011 11:18
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Making decisions	The scan lady was excellent. I did ask to keep the scan photo. Since we had private healthcare we were told that we could wait and have it removed in 2 days time or go private and have it done the next day. We had to visit our GP to get her to sign the paperwork which was really unnecessary. Having to wait that night still with the baby inside was awful	10/07/2011 17:35
Shannon	Phases of the M experience\2 Finding out about the loss\Finding out\Making decisions	It was a missed miscarriage. I was told by the diagnosing doctor that having the tablets to finish things off and spending the day and night in hospital was the least traumatic way to deal with it. When I went to the ward the doctor there explained that taking the tablets was hard and they caused a mini labour. I was not given the option to change to a different procedure.	10/07/2011 17:30
Grace	Phases of the M experience\2 Finding out about the loss\Finding out\Making decisions	I was then taken to a room and the doctor talked through the options. They kept asking what I wanted to do and I remember shouting 'I just want to have my baby and for everything to be fine'. I did eventually decide to go home and	27/07/2011 16:01

		see if I would miscarry naturally	
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Making decisions	I go & see Y***** as he happens to have a free 10 minutes between consultations and he says I can wait for it to come out naturally or have an ERPC - Evacuation of the Remains of the Product of Conception (similar to a D&C) He recommended that because it has all been sitting in there for at least 4 or 5 weeks and I have 2 kids to run around after it is more sensible not to wait for a grisly miscarriage to spring itself upon me but to have the procedure done where it can be controlled, less painful and I can know that my body has been cleared out thoroughly	10/07/2011 17:26
Millie	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Brave coping	Very sad and angry, though I decided to return to work the following day (where nobody knew I was pregnant bar boss and close colleagues) as there was a week to wait for the D&C and no point weeping at home thinking about dead foetus inside me. I could cope as long as nobody tried to be sympathetic in person and still think this was right decision for me - even handled a completely innocent conversation where a colleague asked if I would like children one day	29/07/2011 00:02
Rosie	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Brave coping	I was in a lot of pain all week but still got on with doing things I didn't want to stop. When I had my scan I went alone my husband was watching our other children and I thought I could cope with being told what I already knew. I was fine when the midwife did the scan I even smiled at her at the end	08/07/2011 10:38
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	Then followed a farcical 2 hours the following day on the phone being given the run around and blocked by rules and regulations when trying to get the blood test results. Eventually after no joy they booked me in for a scan the following week.	14/06/2011 22:16
Eva	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	The hospital staff were incredibly kind, they gave us a scan picture of the baby and arranged for an ERPC 5 days later (we had to go over the weekend which dragged it out).	29/07/2011 00:56
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	On Thursday morning I am meant to be attending a Study Day lead by M***** and I go along thinking it will prove a good distraction & take my birth bag with me just in case. As I arrive at the door, the clinic call saying if I can come straight away they can scan me. I leave with everyone thinking I am off to a labour.	01/08/2011 12:50
Holly	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	I went to the DR and he looks like it's bad news. He tests my wee which looking back now prob told him my hormone levels were low as he said it didn't look good. He sent me for a scan the same day which I was relieved about - I didn't want any more waiting	14/06/2011 22:17
Abigail	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	I go home feeling utterly depressed. I decide that it is unbearable to wait a week to know what is going on and decide to call V**** - Y*****'s clinic and see if they could help me.	28/07/2011 23:16
Molly	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	Even at this point I was told by consultants that things could be fine still, but the epu was not open yet and therefore a scan would not be possible. By this point I had contacted my husband and mother who both had joined me in a and e. I was sent home and told I would be contacted when I could come in and have a scan but was essentially told repeatedly that everything might still be ok. I knew this was not the case. By lunchtime I was going out of my mind and still had not heard so I called the midwife's office and explained, the receptionist was so kind, she went down to the scan department herself and arranged for me to come in.	11/07/2011 15:40
Elizabeth	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	By this time I should've been around nine weeks pregnant and she said it looked like I was only four. I knew that this wasn't right because I was so regular and there was only one time we had had unprotected sex so I knew the pregnancy was gone or going. I thought that would be the end of it and somebody would tell me how we were going to proceed. But she didn't she said I had to have blood tests to monitor hcg levels and another scan in a week. It was the longest week of my life	11/07/2011 20:30
Rosie	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	I also asked for a picture because I also knew that just because all was ok then it didn't mean that would continue. Two days later I had been having slight spotting all day when I suddenly started to have huge waves of pain they came fast and they hurt very much. As I have four children already I was able to understand what was happening with my body. I	26/09/2011 14:51

		<p>rushed to the toilet and passed large clots and what felt like a lot of blood. This happened a further few more times till my tummy had stopped cramping. I know this sounds insane but I didn't know what to do, I had my other children in the house calling for me and I was looking in the toilet at these large clots I wanted to find my baby if I'm honest. Even if it was the size of raspberry it was mine and it had happened all too fast. When I went back to the hospital I had a really rude midwife who told me off for using pain relief when I could still be pregnant. I had to ask her to leave the room because it felt like she wasn't listening to what I was saying. I was booked in for a scan a week later and asked not to take any more voltoral in case I was still pregnant. I was in a lot of pain all week but still got on with doing things I didn't want to stop. When I had my scan I went alone my husband was watching our other children and I thought I could cope with being told what I already knew. I was fine when the midwife did the scan I even smiled at her at the end. She sat me down and told me it was ok to be upset that no matter how many children I have I have still lost one. I cried for hours after that and for a long time after</p>	
Amelia	Phases of the M experience\2 Finding out about the loss\Finding out\Waiting for "completion"\Frustrated by wait time	Since we had private healthcare we were told that we could wait and have it removed in 2 days time or go private and have it done the next day. We had to visit our GP to get her to sign the paperwork which was really unnecessary	27/07/2011 16:36
Holly	Phases of the M experience\2 Finding out about the loss\Holding on to hope	Xmas passed and again we talked about our 2 kids and how our son would be with the baby. Then just before new year's eve I was at work and I started to bleed. It was such a scary experience. I panicked but also thought it must be normal. then the cramps started.....then it all stopped so I thought it must be ok. I rang my husband to tell him and work sent me home to rest. I cried and was panicking. I couldn't believe that this could happen to me. The bleeding had completely stopped so I thought all must be fine - I kept going to the toilet to see if there was any more blood...nothing! Phew	04/05/2011 20:11
Bethany	Phases of the M experience\2 Finding out about the loss\Holding on to hope	Still I kept hoping that the worst wasn't happening. They had to do blood tests to see what my hcg levels were and then a repeat one 48 hours later. They finally confirmed that I was miscarrying cos my hcg levels were dropping	10/07/2011 17:53
Leah	Phases of the M experience\2 Finding out about the loss\Holding on to hope	Just one week later I noticed I was started to pass fresh blood, bright red as went to the toilet. My heart sunk and I knew things were now not looking good. I just hoped my little baby could cling on and stay inside me	28/07/2011 23:32
Bethany	Phases of the M experience\2 Finding out about the loss\Holding on to hope	I remember spending most of the weekend in tears, much as people were saying it can be quite common to bleed and anything be ok there was a doubt in my mind, much as I didn't want to believe it was ending	03/05/2011 21:19
Molly	Phases of the M experience\2 Finding out about the loss\Holding on to hope	I drove there with my husband already knowing my baby had gone but with a small glimmer of hope that maybe just maybe there would be something on the scan. Seeing the womb empty on the screen was heart breaking, it felt like everything was crumbling around me	28/07/2011 23:28
Erin	Phases of the M experience\2 Finding out about the loss\Holding on to hope	I'd had some bleeding and cramps during the previous few days but was still hoping all would be ok	07/07/2011 10:26
Leah	Phases of the M experience\2 Finding out about the loss\Holding on to hope	Before the surgery I was made aware of the fact that any surgery in pregnancy comes with risks for the baby. I said very clearly to the doctors that I was very well aware of this fact but I have a belief in God, which helps me to 'cope' with this fact	24/06/2011 14:16
Elizabeth	Phases of the M experience\2 Finding out about the loss\Holding on to hope	After a couple of weeks I had started to get a slightly darker than usual discharge and a slight pain which I thought was just growing pains. I still wasn't feeling any of the usual symptoms like sore boobs or nausea but I had booked in to see the doctor so I mentioned it to him casually thinking he was going to say it was perfectly normal	04/05/2011 21:29
Rosie	Phases of the M experience\2 Finding out about the loss\Holding on to hope	When I had my scan I laid down and she used the internal scan, she was gentle polite and apologetic that she couldn't find anything it was then I started to cry it's amazing how right to the end you want to hold on to hope.	26/04/2011 21:48
Eva	Phases of the M experience\2 Finding out about the loss\Holding on to hope	I started to bleed more heavily that night and I knew really then that it was over but my husband still had a lot of hope.	07/05/2011 17:00
Elizabeth	Phases of the M experience\2 Finding out about the loss\Holding on to hope	I had read on the internet that some women bleed throughout pregnancy and give birth to a normal healthy baby so I was	04/05/2011 21:31

		still clinging onto some sort of hope and even spent the evening before the scan picking out names.	
Danielle	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Fearing / wanting death	I woke up from the op in a lot of pain it was like period pains only 1000x worse. The nurses in recovery were fantastic and took great care. I still felt reluctant on being alive	07/07/2011 10:21
Danielle	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Fearing / wanting death	I felt horrible and dirty and embarrassed and there was nothing I could do to stop this. I actually didn't want to wake up from the operation.	29/07/2011 00:11
Leah	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Fearing / wanting death	I felt the world's worst mother, I felt broken inside and physically it was yet another situation in only 10 days that I truly felt I was in so much pain I might die	10/07/2011 15:59
Grace	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Future wiped out	I just remember feeling lost and grieving for what could have been. It was as if my future had been suddenly wiped out	29/07/2011 00:08
Molly	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\It's a bit of a blur	The whole of that month was an emotional haze, whereby I was very low, I was not suicidal at any point I just desperately wanted things to be different. I described myself as treading water, underwater, feeling like I was drowning and just wanting things to be different.	29/07/2011 00:16
Erin	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\It's a bit of a blur	It's a bit of a blur after that, I was booked for a "removal" the following day, did you know that was done under a general anaesthetic? I didn't, but then, why should I have known.	29/07/2011 00:14
Holly	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Out of body	2nd Jan - I wake up and I am covered in blood. I am screaming and panicking and I call the Drs. I cry down the phone and they give me an emergency appt. I feel like I am having an out of body experience - how the hell has this happened to me?	07/07/2011 10:16
Bethany	Phases of the M experience\3 The Miscarriage event itself\Cognitive impact\Trying to make sense of it	My head was just a complete mess. I kept thinking why is this happening to me, what's wrong with my body. My husband and I had had a row the night I started bleeding and I kept thinking maybe that was to blame for it etc.	29/07/2011 00:21
Danielle	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Apprehension or desire to see the baby or PC	Then the next day, my fiancé left me at home for the first time in days when I felt this horrible burst, and liquid in my pants. I ran to the toilet and there it was a huge bloody lump. I was a nervous wreck.	09/05/2011 00:09
Leah	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Apprehension or desire to see the baby or PC	The baby was completely intact and fully formed and we were asked if we wished to see it, or hold it. I just couldn't do it; my working experience of seeing babies at 23/24 weeks gestation had taught me that even at that stage of life they are not especially 'pretty' to look at and I feared seeing something that would repulse or disturb me. I did, however, consent for photographs to be taken of the baby and for it to be blessed. It took me ~3 months to feel brave enough to look the pictures of my baby; my husband looked at them first a good month before me	27/04/2011 16:34
Eva	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Apprehension or desire to see the baby or PC	It also took about a week for me to be able to look at the scan picture, I think I was scared of what I might see but I am very glad we took it now so we have a memento of that baby being here and they had made sure it was a nice picture	07/05/2011 17:19
Rosie	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Apprehension or desire to see the baby or PC	I know this sounds insane but I didn't know what to do, I had my other children in the house calling for me and I was looking in the toilet at these large clots I wanted to find my baby if I'm honest. Even if it was the size of raspberry it was mine and it had happened all too fast	08/05/2011 22:54
Anna	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Detachment, derealisation?	I was very calm and not in any pain. I put baby into the plastic box and we set off to hospital. As I walked into A&E I started to have contractions and was straightaway taken to a cubicle and given painkillers. I then lost the placenta and embarrassed the nurse by asking lots of questions about it – I was also surprised at how big it was! I was again taken up to gynae and kept in overnight	10/07/2011 16:09
Amelia	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Detachment, derealisation?	I realised immediately and went to the supermarket to buy ready meals for tea since I knew I would be unable to cook - how weird is that	08/07/2011 10:56
Eloise	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Detachment, derealisation?	They took me over to Gynae, who booked me in for a D&C on the Monday. This was appalling as I had to wait 3 days with the dead baby inside me, still suffering from very bad morning sickness – so a very surreal experience	10/07/2011 15:40
Kayleigh	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Detachment, derealisation?	Why had this happened to us when we wanted it so much? I had an erpc without even thinking about it really. I remember coming	10/07/2011 15:37

		round from the anaesthetic and sobbing.	
Lucy	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Intense grief	The look on the midwives face when she examined me told me everything – she was lovely, very sympathetic and understanding, but she didn't even have to say anything as she looked at me. I had to deliver my baby boy and it was the saddest moment of my entire life when I held him in my arms for the first and only time, knowing that he had no chance of surviving	25/06/2011 23:29
Leah	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Intense grief	He said/shouted "There's something at the neck of your womb I need to take it out" and so he did. He took my baby out of my body. It was excruciating and I sobbed and wept in a way only a mother who is losing her child can.	25/06/2011 23:27
Leah	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	Yet because of how ill I had felt being pregnant post-surgery there was also an element of 'relief' for my body; that it was finally all over. My body couldn't cope with the invasive surgery to my abdomen and the growing uterus, which held my baby	25/06/2011 23:19
Abigail	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	No pain & hardly any bleeding. I rested up for a few days & had some cramps but was really surprised at just how ok I was	07/07/2011 16:20
Kayleigh	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	I remember coming round from the anaesthetic and sobbing. Probably because it was all over	25/06/2011 23:30
Eva	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	I chose the ERPC and was able to leave later the same day. I still felt sad but also massively relieved at that point as I had gotten out of the limbo of waiting for it all to be over and being discharged from hospital was like a starting point for me to be able to "get better" and move on.	25/06/2011 23:18
Samantha	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	I've had 3 miscarriages and 1 stillbirth and I've felt totally different each time  With my first although devastated, I was still in shock from the death of my husband and to be honest it was in some respects a relief whilst still leaving me feeling hollow. (1994	25/06/2011 23:20
Danielle	Phases of the M experience\3 The Miscarriage event itself\Emotional Impact\Relief	2 weeks later I was in for my day operation, The nurses in the morning made me feel really comfortable and were really chatty bringing me magazines etc. I seen the anaesthetist and he was a really lovely bloke he talked me through the procedure and I actually felt glad for a change, Glad I was free from hurt, from humiliation, Free from failure as a mother, free from a dead blob inside m	27/09/2011 19:51
Rosie	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	Two days later I had been having slight spotting all day when I suddenly started to have huge waves of pain they came fast and they hurt very much. As I have four children already I was able to understand what was happening with my body. I rushed to the toilet and passed large clots and what felt like a lot of blood. This happened a further few more times till my tummy had stopped cramping	25/09/2011 22:13
Leah	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	Oh how I wish I had got a picture from that particular scan because that night I woke up in agony and feeling like I was in labour & began haemorrhaging badly. An ambulance was called and it took me to the hospital, as I could not stand for all the blood that was pouring out of me	25/09/2011 13:16
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	I became pregnant again in the June. Towards the end of August my hips hurt so much I couldn't walk. Two days after the pain started I started to bleed	28/07/2011 22:26
Louise	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	Around one week later I passed the sac, this was not particularly painful and I thought - 'that's it, it's over' however later that night, after I had gone to bed I began to suffer incredible cramping pain, and spent the night crawling back and forth to the toilet to pass what seemed like pounds and pounds of blood and clots. After several hours of this I was very weak and fain	21/07/2011 16:06
Amelia	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	I had my booking in appointment and the next week felt tummy aches and cramps. On that day I had some light brown bleeding. I realised immediately and went to the supermarket to buy ready meals for tea since I knew I would be unable to cook - how weird is that.	14/07/2011 12:45
Danielle	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	Why at 21 and being perfectly healthy was I going through this? Then the next day, my fiancé left me at home for the first time in days when I felt this horrible burst, and liquid in my	25/09/2011 13:27

		pants. I ran to the toilet and there it was a huge bloody lump. I was a nervous wreck. I rang the ward where I was due for my ERPC and they booked me in for a scan, I was relieved to not have this horrible operation. I went and unfortunately the thing inside me was still 6cm X 4cm. 2 weeks later I was in for my day operation	
Rosie	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	I started bleeding and as my sister is a midwife she told me not to bother going to the hospital because they can't do anything so early on and obviously I trusted her so I didn't	14/07/2011 12:38
Danielle	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Blood	Going to the toilet really hurt and I just locked myself in the bathroom for 20 minutes after seeing the blood that was in the toilet. I showed the nurse she said it was nothing to worry about.	14/07/2011 12:54
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Pain	They tried to put a mask on so I could breathe in painkillers – but I couldn't breathe properly so kept ripping it off.  At the hospital I was injected with painkillers and soon was pain-free	25/07/2011 14:54
Eva	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Pain	The day before I was due for my operation (again a special occasion in our house, it was my husband's birthday) I began to miscarry naturally which was agony (having being induced in labour with a 10 pounds 5 ounce back to back baby it was comparable to the contractions) and went into hospital at about 2am for some pain relief.	13/07/2011 17:08
Olivia	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Pain	I was 13 weeks 1 day when I had my miscarriage, but I started getting pain for about 3 days beforehand. I was having a lot of pain, stomach ache and cramps, but no blood. I started getting pain on the Friday evening, but it was like period pain, and I had heard that it was quite common. The pains got worse on the Saturday, so I called up NHS Direct, and they sent me to the hospital.	14/07/2011 12:44
Amelia	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Pain	I had a miscarriage in 2002 but literally just as I was about to do a pregnancy test. I had stomach cramps and heavy heavy bleeding but emotionally I was fine.	25/09/2011 13:29
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Pain	and by Sunday evening I was in pain throughout my body and had started spotting. I got an emergency appointment with a doctor and, when we got there I could barely walk and the doctor was very brusque and dismissive, particularly when I said I wouldn't take ibuprofen because I was pregnant. He told me I'd probably miscarry in the early hours and to ring an ambulance when I did.  He was right with that one! By the early hours of the morning my body was wracked with pain and I kept repeating which parts were hurting "Knee, knee, knee; toe, toe, toe; eye, eye, eye" until the pain was so overwhelming I was just saying "pain, pain, pain". My partner called an ambulance; I was losing a lot of blood and vomiting.	25/09/2011 13:17
Katherine	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	We were spoken to and told that we could just "let nature happen" or we could have the baby removed surgically.	10/07/2011 16:05
Leah	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	In the hospital I was internally examined and the doctor mentioned something needed to come out and then begun to examine me again. I nearly leapt out of bed as I said, "You need my consent to do that! Just tell me what you're going to do to me". He said/shouted "There's something at the neck of your womb I need to take it out" and so he did. He took my baby out of my body	10/07/2011 16:00
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I was very calm and not in any pain. I put baby into the plastic box and we set off to hospital. As I walked into A&E I started to have contractions and was straightaway taken to a cubicle and given painkillers. I then lost the placenta and embarrassed the nurse by asking lots of questions about it – I was also surprised at how big it was! I was again taken up to gynae and kept in overnight	14/07/2011 12:42
Eva	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I was scanned the next morning and told that there was still half of the "products of conception" left in there and was given the choice to continue or go for the operation. I chose the ERPC and was able to leave later the same day.	10/07/2011 18:11
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to	I was given the choice of medical management, an erpc or waiting for it to happen naturally. I chose medical management. I had the first tablet on the Thursday. On	10/07/2011 16:11

	remains/removal	Friday evening I thought it was going to happen as I had a bit of pain and a bit of blood – so I took two strong painkillers in preparation. But very little happened. I lost a bit of flesh and put it in a pot I'd been given by the hospital. On the Saturday I went into hospital for the pessaries to complete the miscarriage. But nothing happened. On the Tuesday I had a scan and there was nothing in my uterus – but nothing much had come away, so I was rather concerned by this. On the Thursday I went for a colonic and I inserted my moon cup just in case the colonic made me start bleeding. When I returned home I removed my moon cup and I had indeed bled – and passed my baby	
Erin	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I was booked for a "removal" the following day, did you know that was done under a general anaesthetic? I didn't, but then, why should I have known.	10/07/2011 15:51
Anna	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I needed to wee so they gave me one of those grey cardboard pots to wee in. I wiped and a large thing came away in my hand: it was as big as my hand and about half an inch thick and resembled bloody gauze. I dropped it in the pot and wiped again and another one came out and I had a good look at this one. I now know these were the sacs which had burst on the way out	14/07/2011 12:41
Grace	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I did start to miscarry that same evening. I bled heavily and was in considerable pain. In the end I phoned and went into the hospital as I was so scared and in pain. This was perhaps the worst thing I could have done. The doctor there was so cold and uncaring. She treated me with a very blunt manner – she 'removed the product' for me and kept telling me to be still so she could get out more of the 'product' – I remember thinking 'It's not a product – it's my baby'. She was horrible really – no sympathy – no understanding. She was obviously tired, bored and saw a miscarriage as a common occurrence and not the huge loss of my baby.	10/07/2011 16:06
Alicia	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	However, things didn't go smoothly, I was STILL bleeding on and off 5 weeks later and decided to go to my doctor, who told me that it wasn't right and that maybe there was still some "retained pregnancy" causing the bleeding. So, back to S***** hospital and that was confirmed, so a few days later I had another D&C, this time they seemed concerned and told me that a sample would be sent off to the lab to make sure that nothing untoward was going on.	10/07/2011 17:42
Eloise	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	They took me over to Gynae, who booked me in for a D&C on the Monday. This was appalling as I had to wait 3 days with the dead baby inside me, still suffering from very bad morning sickness – so a very surreal experience. There was no offer of support from maternity or gynae during that period. I had the D&C on the Monday which was pretty traumatic – and went home – again with no advice or offer of support. I had to return to the hospital 6 weeks later as I was still bleeding and they believed that there may have been a bit left	29/07/2011 00:37
Rosie	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Reference to remains/removal	I miscarried at home but did go to hospital after because I wanted to make sure everything had come out. I didn't really know how to feel, my sister was carrying on as if life was still the same.	10/07/2011 15:54
Millie	Phases of the M experience\3 The Miscarriage event itself\Physical symptoms\Stress	The D&C was the most traumatic part of the whole thing, representing a finality from which there was no going back rather than the actual procedure - as I hadn't started to bleed at all, there was always a shred of hope that a mistake might have been made. I broke down being asked to walk in to the operating theatre and vividly remember starting to shake and panic as I was being put under anaesthetic and a nurse holding my hand	10/07/2011 17:21
Lucy	Phases of the M experience\3 The Miscarriage event itself\Protecting family	The midwives were really lovely – they gave us time together, wrapped him up and understood that we needed time to say goodbye. They brought a little crib for us to lay him in so we could keep him with us for a while as they attended to me. I had to go for a D&C and they promised my husband could stay with him until I got back from theatre. I didn't want to leave him on his own which perhaps sounds bizarre but it was important to me at the time	08/07/2011 11:12
Georgina	Phases of the M experience\3 The Miscarriage event itself\Protecting family	I went on holiday two weeks later and as mentioned above, collapsed and haemorrhaged in the street in front of my sons. We return to this island every year, and even last week they	08/07/2011 11:01

		were talking about the year mummy "fainted"	
Georgina	Phases of the M experience\3 The Miscarriage event itself\Protecting family	I was in shock after this one, my eldest child aged 5 at the time asked me questions about what had happened every single day for the next two months, obviously even now they do not know the cause, but his questions were things like "Why was there blood coming from your bottom?" -answer "Because I had a poorly tummy".	08/07/2011 11:02
Rosie	Phases of the M experience\3 The Miscarriage event itself\Protecting family	This happened a further few more times till my tummy had stopped cramping. I know this sounds insane but I didn't know what to do, I had my other children in the house calling for me and I was looking in the toilet at these large clots I wanted to find my baby if I'm honest. Even if it was the size of raspberry it was mine and it had happened all too fast	08/07/2011 10:36
Amelia	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling ok	I had a miscarriage in 2002 but literally just as I was about to do a pregnancy test. I had stomach cramps and heavy heavy bleeding but emotionally I was fine.	14/07/2011 12:56
Abigail	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling ok	I did start to miscarry on Monday. It was pretty grim but I was comforted by the thought of now not having to have the procedure. Early Tuesday morning they did another scan and it turned out that the pregnancy was actually progressing - the sac was bigger, hormones higher than the previous week but the baby itself was still very much not growing and had no heartbeat. The Dr said that my body was clearly not going to sort it out on its own as it still thought I was pregnant so I had to go ahead and have it done. The worst bit of the whole affair was the drip in my hand. Aside from that I was right as rain in 4 hrs and desperate to go home. No pain & hardly any bleeding. I rested up for a few days & had some cramps but was really surprised at just how ok I was.	10/07/2011 17:34
Danielle	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	This made me feel so depressed, I lay there as this MALE doctor was putting tablets up my vagina, this had to be the worst day of my life EVER!! I felt horrible and dirty and embarrassed and there was nothing I could do to stop this. I actually didn't want to wake up from the operation	29/07/2011 00:29
Molly	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	The emotional pain was unbearable and I did not leave the sofa for several days. Even though I was only 8 weeks pregnant it just felt so unfair, and the loss was awful, the emptiness inside and the feeling completely powerless to change anything.	14/06/2011 21:12
Anna	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	The ambulance was freezing and the clock was stuck at 8 o'clock. I kept asking them not to take me to ***** and they kept telling me they weren't – but I still kept asking anyway. ***** is our 'local' hospital but is 25 miles away, whereas the nearest hospital is about 16 miles away. They tried to put a mask on so I could breathe in painkillers – but I couldn't breathe properly so kept ripping it off	10/07/2011 16:07
Leah	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	In the hospital I was internally examined and the doctor mentioned something needed to come out and then begun to examine me again. I nearly leapt out of bed as I said, "You need my consent to do that! Just tell me what you're going to do to me". He said/shouted "There's something at the neck of your womb I need to take it out" and so he did. He took my baby out of my body. It was excruciating and I sobbed and wept in a way only a mother who is losing her child can.	29/07/2011 00:24
Shannon	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	I was told by the diagnosing doctor that having the tablets to finish things off and spending the day and night in hospital was the least traumatic way to deal with it. When I went to the ward the doctor there explained that taking the tablets was hard and they caused a mini labour. I was not given the option to change to a different procedure.	11/07/2011 15:18
Erin	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	I was booked for a "removal" the following day, did you know that was done under a general anaesthetic? I didn't, but then, why should I have known.	11/07/2011 20:34
Rosie	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Feeling powerless	I know this sounds insane but I didn't know what to do, I had my other children in the house calling for me and I was looking in the toilet at these large clots I wanted to find my baby if I'm honest. Even if it was the size of raspberry it was mine and it had happened all too fast	14/06/2011 21:54
Leah	Phases of the M experience\3 The Miscarriage event itself\Sense of	I was mortified to be internally examined so many times when I'd never even had a smear test before; I felt like my body was	14/06/2011 22:26



	control\Feeling powerless	no longer my own in the way the doctor just took the baby out	
Abigail	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Handling it myself	On the Sunday I woke up with cramps but no bleeding. It felt like my body was cottoning on. I had lots of energy, my stomach and breasts had gone right down and I feel normal again. I tried to be philosophical about the whole thing	07/07/2011 16:46
Louise	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Handling it myself	Around one week later I passed the sac, this was not particularly painful and I thought - 'that's it, it's over' however later that night, after I had gone to bed I began to suffer incredible cramping pain, and spent the night crawling back and forth to the toilet to pass what seemed like pounds and pounds of blood and clots. After several hours of this I was very weak and faint. I chose to do all of this alone, because I was afraid that if my husband saw the blood he would take me to hospital (I don't like hospitals) and also I had a powerful sense of this was something that I had to get on with, and that women had been going through this since the dawn of time	25/06/2011 22:51
Victoria	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	The hardest part for me was not knowing why and that no investigation would be offered until I had at least 3, bearing in mind that following each miscarriage it took me longer to conceive this is very upsetting and frustrating	15/07/2011 09:25
Bethany	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	The care I received was pretty awful, didn't speak to the same person twice. No information was given to me on what I was going to experience, it was more a case of well just get on with it	11/07/2011 20:59
Shannon	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	I was told by the diagnosing doctor that having the tablets to finish things off and spending the day and night in hospital was the least traumatic way to deal with it. When I went to the ward the doctor there explained that taking the tablets was hard and they caused a mini labour. I was not given the option to change to a different procedure.	11/07/2011 20:58
Rosie	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	I started bleeding and as my sister is a midwife she told me not to bother going to the hospital because they can't do anything so early on and obviously I trusted her so I didn't	11/07/2011 21:00
Amelia	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	I remember crying waiting on the operating table and afterwards too and then being really upset that night in hospital. I had planned to look around a new house the next day - not realising that I needed to take it easy.	29/07/2011 00:26
Louise	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	Anyway, the hospital did not give me clear information about the options but I know strongly that I did not want any medical intervention. I had no idea what would happen to me during a natural miscarriage (I elected to go home and sit it out).	11/07/2011 20:59
Rosie	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Lack of information	It was turmoil in my head for a while. I also hated that I had listened to my sister I felt like I should have done something even though I believe the outcome would have been the same now.	11/07/2011 20:56
Danielle	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Loss of dignity	I then saw a nurse 2 hours before my operation and I learned yet another horror, I had to have 2 large tablets shoved up my vagina. I was bonkers by now as if losing my baby unexpectedly wasn't enough, as if having the operation wasn't bad enough BUT tablets being forced up my vagina!! This made me feel so depressed, I lay there as this MALE doctor was putting tablets up my vagina, this had to be the worst day of my life EVER!! I felt horrible and dirty and embarrassed and there was nothing I could do to stop this	10/07/2011 18:10
Amelia	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Loss of dignity	On arrival at the hospital I had to fill out a form and was asked had I drunk any alcohol recently - my partner replied that of course not since I'd been pregnant up until the day before.	11/07/2011 15:33
Leah	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Loss of dignity	I was mortified to be internally examined so many times when I'd never even had a smear test before; I felt like my body was no longer my own in the way the doctor just took the baby out	15/07/2011 08:54
Leah	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Totally unprepared	In addition on the date of my dating scan I actually had an ERPC (evacuation of retained products of conception) procedure. That nearly broke me; it felt so unjust to be in that operating theatre when I should have been happily waiting my detailed 12-week dating scan	27/09/2011 19:58
Leah	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Totally unprepared	I know the operation made my pregnancy high risk but in all the times I prepared myself to receive bad news throughout the whole of that pregnancy (from the first time I was ill) I was actually totally unprepared the night I miscarried because only earlier that day the baby was alive on the scan	27/09/2011 21:55

Amelia	Phases of the M experience\3 The Miscarriage event itself\Sense of control\Totally unprepared	I remember crying waiting on the operating table and afterwards too and then being really upset that night in hospital. I had planned to look around a new house the next day - not realising that I needed to take it easy	13/07/2011 17:09
Rosie	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	When I went back to the hospital I had a really rude midwife who told me off for using pain relief when I could still be pregnant. I had to ask her to leave the room because it felt like she wasn't listening to what I was saying	11/07/2011 14:52
Danielle	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	Then came eating and drinking so I asked if I could have something to eat or drink, luckily enough they said yes which was great as I was starving. over 30 minutes later I was finally given 2 pieces of toast and 2 cups of tea, one for me and one for my partner. Then I needed to go the loo, I looked underneath my blanket, to see this horrible big nappy, this set me off in tears once again. I asked a health worker or a nurse (whatever she was I can't remember) for a clean sanitary towel as I needed the loo. After being sat for over an hour, my Fiancé had to get up and go and ask for one. I was livid so mad, I nearly wet my bed, Going to the toilet really hurt and I just locked myself in the bathroom for 20 minutes after seeing the blood that was in the toilet. I showed the nurse she said it was nothing to worry about.	11/07/2011 15:52
Grace	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	The doctor there was so cold and uncaring. She treated me with a very blunt manner – she 'removed the product' for me and kept telling me to be still so she could get out more of the 'product' – I remember thinking 'It's not a product – it's my baby'. She was horrible really – no sympathy – no understanding. She was obviously tired, bored and saw a miscarriage as a common occurrence and not the huge loss of my baby. That night in the hospital was one of the loneliest and sad nights I can remember	28/09/2011 12:40
Shannon	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	I have never felt as alone in my life. The room I was in was at the bottom of the gynae ward and as far from the nurses as possible. I was told that each time something came away I had to go to the nurses' station to let them know so they could check it. Several times it was a few hours before they came to check! I had no one to talk to and was told it was normal-especially as it was my first pregnancy. This did not make me feel any better.	11/07/2011 15:21
Danielle	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	6.40pm and I was back on the ward, We were told it was a 15 minute procedure yet I had been away from my Fiancé for 1hr 15 minutes. He had tears down his face "I thought I lost you" he said. No-one had bother to keep him informed about this I was again upset. Then came eating and drinking so I asked if I could have something to eat or drink, luckily enough they said yes which was great as I was starving. over 30 minutes later I was finally given 2 pieces of toast and 2 cups of tea, one for me and one for my partner. Then I needed to go the loo, I looked underneath my blanket, to see this horrible big nappy, this set me off in tears once again. I asked a health worker or a nurse (whatever she was I can't remember) for a clean sanitary towel as I needed the loo. After being sat for over an hour, my Fiancé had to get up and go and ask for one. I was livid so mad, I nearly wet my bed, Going to the toilet really hurt and I just locked myself in the bathroom for 20 minutes after seeing the blood that was in the toilet. I showed the nurse she said it was nothing to worry about.	29/07/2011 00:52
Eloise	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	They took me over to Gynae, who booked me in for a D&C on the Monday. This was appalling as I had to wait 3 days with the dead baby inside me, still suffering from very bad morning sickness – so a very surreal experience. There was no offer of support from maternity or gynae during that period. I had the D&C on the Monday which was pretty traumatic – and went home – again with no advice or offer of support.	28/09/2011 12:40
Anna	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Negative	At the scan they could see three sacs but not the babies. I was asked to return a fortnight later for another scan. As that weekend progressed I became progressively more ill and by Sunday evening I was in pain throughout my body and had started spotting. I got an emergency appointment with a doctor and, when we got there I could barely walk and the doctor was very brusque and dismissive, particularly when I said I wouldn't take ibuprofen because I was pregnant. He told me I'd probably miscarry in the early hours and to ring an ambulance when I did	11/07/2011 15:14

Amelia	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	The nurse was really nice and considerate and the consultant very supportive and he said some really positive stuff. I had a follow up a few months later but I still have never got over it really.	11/07/2011 15:34
Lucy	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	The midwives were really lovely – they gave us time together, wrapped him up and understood that we needed time to say goodbye. They brought a little crib for us to lay him in so we could keep him with us for a while as they attended to me. I had to go for a D&C and they promised my husband could stay with him until I got back from theatre. I didn't want to leave him on his own which perhaps sounds bizarre but it was important to me at the time. They took some photographs, and hand and footprints.	28/09/2011 12:29
Danielle	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	I woke up from the op in a lot of pain it was like period pains only 1000x worse. The nurses in recovery were fantastic and took great care	11/07/2011 15:50
Victoria	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	I saw a very efficient and sympathetic female GP who sent me to hospital because the pain was strong on one side and she suspected an ectopic. I stayed in overnight and the care was excellent. I had no follow up care from either the hospital or GP with either miscarriage.	15/07/2011 09:25
Victoria	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	I had to return to hospital a week later for a d and c, the staff here were far more supportive but following the operation I was simply told that if it was a molar I would hear within 6 weeks but if not then it was all fine.	11/07/2011 15:04
Anna	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	I was admitted to the gynae ward and was well looked after, but feel I was discharged too soon as I felt very ill and weak and my blood pressure was very low.	11/07/2011 15:15
Georgina	Phases of the M experience\3 The Miscarriage event itself\Support\Professional\Positive	I was airlifted to another channel island, received fantastic attention in a private hospital (We had visited for a scan two days before my collapse, as I had been spotting, the consultant was very kind and even lent us his office to sort ourselves out in after he had confirmed that I was about to miscarry-in fact the level of care he gave us was what I wish I had been given the first time	11/07/2011 15:43
Olivia	Phases of the M experience\3 The Miscarriage event itself\Support\Social	By the very early hours of Monday morning (3am ish), I started having my miscarriage. I called up my ex partner and he was round within minute	12/07/2011 10:51
Olivia	Phases of the M experience\4 The aftermath\Emotional challenges\Anger	I raged and raged, and would tell him how much I hated him for everything, and how awful he was. And he listened, and accepted it all without a word. He would bend over backwards to look after me. I never gave him credit for the fact that he was in pain as well, he just took my grief and let me lash out with my recriminations.	08/07/2011 11:13
Samantha	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	The most inconsiderate people by far are the medical profession, just because they see it every day doesn't make it any less painful for the person going through it. Please don't compound the pain by putting me near to where I can hear babies cry or next to the generator so no one can hear me cry	03/05/2011 21:16
Rosie	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	The hardest thing this year for me has been seeing people who were pregnant at the same time as me now with their newborns and I have nothing but a scan picture which I am very grateful for.	30/07/2011 17:03
Eva	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	Over those days I didn't want to get out of bed or do anything. My mother in law would come round everyday to think of something for us to do to keep us occupied. As it was near Christmas (The fall happened on our wedding anniversary which is the 2nd of December) she took us to a carol service near their house. Not her best idea as it was for children and so many people were there with their babies. I remember having to go away for a cry.	25/06/2011 23:06
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	More recently a good friend of mine has had a little baby and as pleased as I am for her, it has made me sad. Is this normal	09/05/2011 00:21
Amelia	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	Another mum at school was due at the same time (within days) with twins. My daughter was due to go to a party and this mother arrived with her babies - that was awful - I choked up. Then my best friend was pregnant too and spending time with her was tough to start with. A lady at my book group had her baby on the day mine was due and it was hard seeing her get bigger	03/05/2011 15:16

Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	A good friend had a gorgeous baby girl the Tuesday after this happened and she sent me a text picture, which normally I'd have loved but I wasn't expecting it and I can't put into words what it felt like opening the picture. But then I couldn't tell my friend as I didn't want to make her feel awkward.	30/07/2011 17:13
Kayleigh	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	A couple of months later my partner's brother and girlfriend announced she was pregnant. I sobbed my heart out and just couldn't accept it. I was consumed with envy. We didn't see them much during the pregnancy then I found it very hard to bond with the baby once it was born. It felt like they had stolen our moment as we were the ones who were going to bear the first grandchild on that side. Writing this down makes me sound very selfish, but the reason I was so bitter was because she didn't want children but after they conceived by accident he talked her round. She then went on to smoke and drink through the pregnancy. It felt so unfair that I would have done anything to protect a baby growing inside me but she was hell bent on not letting it change her lifestyle.	30/07/2011 17:21
Bethany	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	I found the whole experience a nightmare to be honest. To have to keep going back to the epu (I got an infection, which needed two lots of antibiotics). Having to sit there surrounded by people who all came out of their scans saying how happy they were to be pregnant I found heart breaking for me	08/05/2011 23:11
Georgina	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling envious, upset about other pregnancies	(I'm having enormous problems this year as my sister in law is expecting a baby due on the due date of this first loss, so 4 years on and having had my son I am still in mourning for the "what might have been")	03/05/2011 21:00
Danielle	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling of having failed	I burst into tears not knowing what else to do, I was numb I felt a failure that for some strange reason I couldn't even bring a little human into this world.	24/06/2011 18:00
Samantha	Phases of the M experience\4 The aftermath\Emotional challenges\Feeling of having failed	I felt like my world had ended, that my body had let me down. Emotionally it a long time before I could come to terms with it, and just as I was starting to feel less numb I had another miscarriage (2005)	29/07/2011 00:10
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Grief and yearning	The first four/five weeks were the worst ever in my life. If I could have stayed in bed and cried all day, I'd happily have done so.	25/06/2011 23:28
Rosie	Phases of the M experience\4 The aftermath\Emotional challenges\Grief and yearning	When my little boy was born I had a huge wave of emotions hit me. I was so happy to have him but was still grieving for the baby I had lost which then made me feel guilty because if that pregnancy had gone ahead I wouldn't have him. It was turmoil in my head for a while.	25/06/2011 23:27
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Grief and yearning	The times I found myself upset, after that initial period of five weeks, was when I was due on. Not because I was desperate for another baby but because I wanted the baby that I should have been having. I felt like that for a few months and I remember hearing a mum in the playground telling someone she was expecting and I felt so alone, I couldn't say anything to them apart from Congratulations but inside it felt like my heart was breaking.	25/06/2011 23:29
Molly	Phases of the M experience\4 The aftermath\Emotional challenges\Grief and yearning	The emotional pain was unbearable and I did not leave the sofa for several days	25/06/2011 23:26
Anna	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	My overwhelming feeling with this miscarriage was guilt – because we'd kept this pregnancy a secret. Nobody seemed to care and I didn't have any support from family and friends, I assume because it didn't affect them as they hadn't known about it. It felt like my baby was some kind of dirty secret	27/04/2011 20:58
Eloise	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	My overall feelings at the time were guilt (what I had I done to cause the baby to die), anger, resentment towards my partner (as it felt like he'd got what he wanted) and deep deep grief for a little girl (I'll never know what sex the baby was) that I so wanted.	28/07/2011 12:54
Samantha	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	It took until my youngest was 2 (after the most worrying pregnancy - will I go to term, will I miscarry, will I have another stillbirth and then guilt because I was happy my little boy was alive and I'd lost all the others) to really feel normal again	03/05/2011 21:15
Alicia	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I still have guilty feelings about being pregnant and how I felt when I had the miscarriages because we are so fortunate in having our lovely family	03/05/2011 16:28
Olivia	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I had felt so alone during the pregnancy, not having him there, but I didn't feel it when I lost the baby. I felt conflicted for	30/07/2011 17:00

		having such an awful thing happen, but being slightly happy that my ex was there.	
Leah	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I felt immense guilt for the way my body just got rid of the perfect baby	30/07/2011 16:57
Rosie	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I also hated that I had listened to my sister I felt like I should have done something even though I believe the outcome would have been the same now.	26/04/2011 21:57
Eva	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I also felt guilty even though I know logically that there was nothing I could have done. I would feel guilty for complaining about feeling tired or sic	07/05/2011 17:22
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	As well as feeling sad I also felt very guilty – did I drink too much coffee, did I not wash the vegetables as well as I could have done..... I didn't talk to anyone about it, I couldn't, it was just too painful, so I bottled it all up.	11/07/2011 20:07
Bethany	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	My husband and I had had a row the night I started bleeding and I kept thinking maybe that was to blame for it etc.	03/05/2011 21:21
Olivia	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I felt guilty, wondering what I could have done to prevent it. How I could have saved my baby. It was mine, and should have stayed with me. How could I have failed at protecting my baby before she was even born? My guilt also stems from the fact that the miscarriage actually strengthened my relationship with my ex, and we got back together and worked out our issue	30/07/2011 16:59
Holly	Phases of the M experience\4 The aftermath\Emotional challenges\Guilty	I also feel guilty that in a way I am glad it happened !! as I wouldn't have my gorgeous little girl if that pregnancy had carried on.....it's all very complicated but I suppose everything happens for a reason	08/05/2011 23:29
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Putting on a brave face	The first four/five weeks were the worst ever in my life. If I could have stayed in bed and cried all day, I'd happily have done so. But having two little boys to look after meant I couldn't, I had to get on with things.	07/07/2011 12:03
Kayleigh	Phases of the M experience\4 The aftermath\Emotional challenges\Putting on a brave face	People at work were announcing they were pregnant. I found this and my illness all very hard to deal with and went for counselling. I can't say it helped because no amount of talking could change what had happened, so I went back to putting on a brave face!	12/07/2011 10:35
Millie	Phases of the M experience\4 The aftermath\Emotional challenges\Putting on a brave face	I could cope as long as nobody tried to be sympathetic in person and still think this was right decision for me - even handled a completely innocent conversation where a colleague asked if I would like children one day	27/04/2011 21:13
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Putting on a brave face	I felt like that for a few months and I remember hearing a mum in the playground telling someone she was expecting and I felt so alone, I couldn't say anything to them apart from Congratulations but inside it felt like my heart was breaking	26/04/2011 21:22
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Putting on a brave face	I didn't talk about it and probably seemed ok on the outside but on the inside I was broken hearted, still am at times but now they are few and far between. If you are sadly reading this having gone through a similar experience, it does get easier and less painful but it isn't fair, and take as much time as you need.	26/04/2011 21:34
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Sadness	Then slowly I realised that I wasn't crying every day, I hadn't noticed this happening, it just happened by itself	22/07/2011 09:42
Erin	Phases of the M experience\4 The aftermath\Emotional challenges\Sadness	Most days I'd get to about tea time and then it would be too much and I'd just sit in the kitchen and cry. I did not know that I could be so sad for such a long length of time, and if you'd have told me that would be the case, I would never have believed you.  As well as feeling sad I also felt very guilty – did I drink too much coffee, did I not wash the vegetables as well as I could have done..... I didn't talk to anyone about it, I couldn't, it was just too painful, so I bottled it all up.  Then slowly I realised that I wasn't crying every day, I hadn't noticed this happening, it just happened by itself.	28/09/2011 22:20
Eva	Phases of the M experience\4 The aftermath\Emotional challenges\Sadness	I also still get upset to think about it but that's pretty normal I think as it was a sad and distressing time.	28/07/2011 11:39
Eloise	Phases of the M experience\4 The	My overall feelings at the time were guilt (what I had I done to	30/07/2011

	aftermath\Emotional challenges\Toxic cocktail of emotions	cause the baby to die), anger, resentment towards my partner (as it felt like he'd got what he wanted) and deep deep grief for a little girl (I'll never know what sex the baby was) that I so wanted.	17:16
Leah	Phases of the M experience\4 The aftermath\Emotional challenges\Toxic cocktail of emotions	I felt so guilty that I never properly allowed myself to bond with the baby; I felt immense guilt for the way my body just got rid of the perfect baby; I was shocked something could happen all so quickly and painfully; I was mortified to be internally examined so many times when I'd never even had a smear test before; I felt like my body was no longer my own in the way the doctor just took the baby out	30/07/2011 16:58
Anna	Phases of the M experience\4 The aftermath\Emotional challenges\Very depressed	It was a week before I began to physically feel better, at which point the emotional impact hit me and I was very depressed. I was off work for a month and had a phased return over another month – but I kept bursting into tears at work and think I went back too soon	25/06/2011 22:57
Eva	Phases of the M experience\4 The aftermath\Emotional challenges\Very depressed	After that I think I was probably depressed but that was a natural reaction so I didn't go to the dr (I have suffered depression in the past and been on medication).	25/06/2011 22:58
Samantha	Phases of the M experience\4 The aftermath\Emotional challenges\Very depressed	I went through a severe state of depression, I carried on day by day as is my wont, but inside I felt dead, I smiled, I laughed but all the time I felt I just really wanted to go hide in a corner and never come out a few months later my mum died which really kicked me even lower.	25/06/2011 22:58
Katherine	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	We did realise that we were one of the lucky ones to be able to go on and have another healthy baby girl H**** in June 2009.	27/04/2011 20:31
Lucy	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	We were very lucky, we went on to have successful IVF and now have a fourteen year old so	10/07/2011 15:50
Louise	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	Now, at 35 I'm 10 weeks pregnant and couldn't be happier! We had been trying since January, though fairly casually! My first scan is next week so we are hoping that everything will be OK.	23/06/2011 21:47
Victoria	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	I was very lucky as we went on to have a healthy pregnancy and I am now 3 weeks away from giving birth to my 3rd	27/04/2011 20:25
Grace	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	I then went onto have another angst ridden pregnancy but thankfully another healthy baby girl	24/06/2011 13:18
Georgina	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	I then conceived the following month and successfully carried my son to term, born in Nov 2007 (injected with Clexane throughout pregnancy)	03/05/2011 20:59
Kayleigh	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	Happily we conceived again a month later and this time we successfully had our daughter and have since had a son as well	24/04/2011 22:11
Anna	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	I'm now six weeks pregnant. I'm having hcg injections again and I've also got progesterone pessaries. Fingers crossed this one will work!	23/06/2011 21:15
Millie	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage	I subsequently have had 2 successful pregnancies.	27/04/2011 21:07
Olivia	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage\Ambivalence?	We now have a child together, who is absolutely adored. But my boy would not be here if the miscarriage didn't happen and I doubt my relationship with my partner would have gotten back on track	30/07/2011 15:41
Eloise	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage\antidote to grief?	Fortunately for me I fell pregnant some months later which resulted in a lovely little boy – I think having him was the only way to heal the pain from losing the previous baby. For those that never get pregnant again, I'm not sure how they ever recover	30/07/2011 17:49
Rosie	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage\Happy but at the same time sad	When I did fall pregnant it was like a plaster you think all will be better once you are pregnant. When my little boy was born I had a huge wave of emotions hit me. I was so happy to have him but was still grieving for the baby I had lost which then made me feel guilty because if that pregnancy had gone ahead I wouldn't have him. It was turmoil in my head for a while.	30/07/2011 15:38
Molly	Phases of the M experience\4 The aftermath\Getting pregnant following a miscarriage\More scary than exciting	It was an amazing shock to discover at the end of that month that I had by some miracle fallen pregnant again! The day before I did that pregnancy test I was very low and I have	30/07/2011 15:39

		to say seeing the positive at this time was more scary than exciting.	
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	We had the scan and were given a due date of 16th November.	10/07/2011 12:11
		I was calm for about a day after that and then started worrying again, after all last time I'd had a scan and was told the baby was fine and it still die	
Shannon	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	The second time I got pregnant I was constantly panicking about miscarrying again and was so on edge the whole 9 months	08/07/2011 18:00
Olivia	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	The impact of the miscarriage actually spread a lot further than I even thought it would though, and all the way through my pregnancy with my son I was really anxious. Every ache, pain, cramp I was wondering if this would be it, if I'd lose another. I couldn't enjoy the whole being pregnant experience, because I was just too scared. I got a foetal heart monitor to listen to him. And every time I got worried and scared, I would listen to his heartbeat, and it helped me lose a little bit of my crazy	08/07/2011 18:13
Grace	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	The fear of miscarrying never really left me and I was paranoid about not being able to feel enough kicks later on...I went into the fab hospital a few times for reassurance – the staff there were great and very understanding. I gave birth to a healthy baby girl that summer and began my journey into motherhood	08/07/2011 18:09
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	The baby was ok again at 12 weeks and we had a lovely experience but I started worrying again a few days later as my symptoms were lessening now. I remember going to my friend's wedding party and everyone congratulating me but feeling like a fake because I was convinced it would all go wrong again.	08/07/2011 17:55
Millie	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	Overall, I think I have come out fairly unscathed, it was obviously a very sad thing to happen, and it definitely stopped me enjoying my subsequent pregnancies as much as I should have done but I have been fortunate enough to now have two wonderful children.	01/08/2011 13:05
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	Nothing went wrong though and I had to be induced 1 week past my due date as I had high blood pressure. The induction was not a good experience at all and I ended up having an emergency section after 3 days as the baby was just too big. Up to the last minute I thought he wouldn't make it and it wasn't until he started crying that I felt relief.	08/07/2011 17:57
Molly	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	It was an amazing shock to discover at the end of that month that I had by some miracle fallen pregnant again! The day before I did that pregnancy test I was very low and I have to say seeing the positive at this time was more scary than exciting	29/07/2011 20:36
Holly	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	It really affected me but we went on the following month to get pregnant - I didn't enjoy the pregnancy as I was worrying the whole time. I kept having to do tests to make sure I was still pregnant. I will never get over it and I still get really annoyed when you hear the whole 'its natural, it wasn't a baby....' to me it was a baby and I lost a baby	29/07/2011 20:34
Amelia	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	In November 2007 we had our third and last child - again straight away. I was now 39 and could not bear the heartbreak of losing any more so decided to stop at 3. I had an amnio even though I was very low risk and they advised me not to - again the risk of miscarriage of a perfectly healthy baby was worrying but this pregnancy felt different	10/07/2011 12:47
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I was terrified in that first 12 weeks and would wake up in the middle of the night crying, convinced this baby had died as well. I would convince my husband of the same only to feel sick and tired again the day after and then would tell him I thought the baby was fine after all	10/07/2011 12:10
Georgina	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I was stressed waiting for him to arrive, partly because ,my other two had been early and mainly because the triple test had shown a 1 in 54 risk of downs syndrome, obviously I did not want amnio due to the risk of miscarriage and also because we would keep him whatever. This anxiety manifested itself the week before the due date as I needed to see him and find out if he had DS, I spoke to the registrar who agreed to do a sweep the day before my due date, against	10/07/2011 11:40

		normal protocol, due to my emotional state.	
Danielle	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I thought this whole experience would put me off having more pregnancies and I told everyone I was never going through this again, I wouldn't have wished it on my worst enemy.	28/07/2011 23:55
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I suffered from post natal depression after the birth and felt very detached from my son for a while. I think a lot of things contributed to this including a difficult labour and the hormonal changes after pregnancy but I also think that having a miscarriage contributed because I'd never fully accepted that I'd have a healthy baby at the end. I have since gone through counselling and we reached this conclusion too.	10/07/2011 13:02
Rosie	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I started to bleed a few days before and I just couldn't sit there and wait this time I wanted checking over. I don't know what I thought the hospital could do but I just felt like I needed to fight for this baby.	29/07/2011 20:37
Leah	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I know this experience makes me more fearful about a subsequent pregnancy	08/07/2011 18:07
Abigail	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I had been given progesterone pessaries to take for the first 9 weeks when I was pregnant both times as it was suggested that I might have a deficiency and needed a boost until the placenta takes over. I was not taking them this time. I made the active decision to just let fate decide if my body was able to carry a pregnancy without the extra help	29/07/2011 20:35
Grace	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I fell pregnant again a few months later which was so exciting but I did spend the first trimester (and to be honest even the whole pregnancy) feeling very anxious in case I would miscarry again	08/07/2011 18:08
Danielle	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I am dreading the scan I just wish they did them in a room away from the waiting room in my hospital. I hate the fact of it happening again and if it does this is definitely my last attempt of becoming a mother	10/07/2011 18:53
Millie	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	But on conceiving again later that year, I lived in denial - despite having an additional private 7 week scan, did not acknowledge the possibility that this pregnancy would be successful. Didn't talk about being pregnant, told very few friends, parents not until about 16 weeks. Endlessly focussed on whether I felt slightly nauseous or not and if I liked the thought of a coffee (I used to sniff it as a test!), didn't fill in any maternity records or contact community midwife until after 12 week scan, which I started weeping at as soon as I got through the door. Even once that was successful, I was just 'well we'll wait and see how the 20 week scan turns out', wasn't until about 35 weeks that I acknowledged that we might actually be having a baby - remember asking at Kidd care at about 34 weeks the arrangements for returning the pram if things didn't work out with the birth	28/07/2011 22:38
Kayleigh	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	Anyway once I had got past my illness we tried and conceived again in the first month. We were over the moon, but I was obviously very worried and anxious the whole time.	08/07/2011 17:50
Eva	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	After that my big fear was premature labour and I would go to the dr or midwife asking really silly questions about why I could go into labour early. I would then cry after because although they had said there wasn't a problem I was obsessed that something would go wrong because I just couldn't envisage the baby at the end. People would be happy for me and I'd smile at them and then obsess because I hadn't felt the baby move as much that day. All these reactions are normal during pregnancy I think but I took them to a bit of an extreme.	10/07/2011 12:11
Molly	Phases of the M experience\4 The aftermath\Impact of prior miscarriage	I will however never forget the feelings associated with the excitement of the other baby and the sadness of its loss. It is probably one of the worst things someone can go through, and I was definitely filled with a huge range of feelings from anger to guilt and sadness. Even in the happiness of the next few weeks, my heart still thinks of the other baby every time I go to the hospital and every time I walk past certain areas	29/07/2011 20:30
Louise	Phases of the M experience\4 The aftermath\Looking on the bright side?	Now, at 35 I'm 10 weeks pregnant and couldn't be happier! We had been trying since January, though fairly casually! My first scan is next week so we are hoping that everything will be OK. I do feel more mature, more financially stable and happier in my marriage and therefore much more able to cope with whatever comes along, good or bad	30/07/2011 17:26



Olivia	Phases of the M experience\4 The aftermath\Looking on the bright side?	My guilt also stems from the fact that the miscarriage actually strengthened my relationship with my ex, and we got back together and worked out our issues.	21/07/2011 11:48
Leah	Phases of the M experience\4 The aftermath\Loss for the family	We wrote a card to the baby and our friends got it a little teddy. In writing the card I realised just how much I loved that little life and how dearly I would have loved to carry it to full term, and give my daughter a sibling	08/07/2011 10:41
Katherine	Phases of the M experience\4 The aftermath\Loss for the family	I couldn't face going home to our daughter knowing what was going to happen so we chose the D&C. I stayed in hospital overnight to recover.	08/07/2011 10:41
Alicia	Phases of the M experience\4 The aftermath\Loss for the family	I still have guilty feelings about being pregnant and how I felt when I had the miscarriages because we are so fortunate in having our lovely family, but I would go thro everything again if I had to achieve the same result, I love my family with all my heart and yes, hopefully, nature willing (I'm 44 now!!) there will be one more baby and I think that should complete our little brood!	08/07/2011 11:00
Louise	Phases of the M experience\4 The aftermath\Loss for the family\Letting people know	At 11 weeks I began to bleed slightly at work. I rang the midwife who told me to go to the hospital the next day for a scan. The scan revealed what looked like an empty sac but the sonographer said that it looked as though the embryo had died at around 8 weeks. This was a 'missed miscarriage'. I was in even more shock. By now, we had got used to the idea, had told friends and family and were looking forward to the baby coming. It forced me to tell my new employer what was going on which I was uncomfortable about	25/07/2011 14:39
Georgina	Phases of the M experience\4 The aftermath\Loss for the family\Letting people know	I was in shock after this one, my eldest child aged 5 at the time asked me questions about what had happened every single day for the next two months, obviously even now they do not know the cause, but his questions were things like "Why was there blood coming from your bottom?" -answer "Because I had a poorly tummy"	25/07/2011 14:39
Alicia	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	Then the 3rd miscarriage struck, but this time I had tested early in my cycle. It was my husband's birthday and when I'd asked him what he wanted, he had said "a positive preg test!!" We were both thrilled when this was so, but it wasn't to be, just 2 days later I had a spontaneous miscarriage at home, this time I really was devastated and cried and cried for ages, I felt loads of feelings, very VERY sad, jealous of other women who were pregnant and then guilt that I had 6 fantastic kids already and wanted more!!!! It was really a rollercoaster ride that time.	30/07/2011 15:49
Rosie	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	It became a mission that I wanted to be pregnant again straight away I didn't want to wait. It's all I thought about which must sound crazy but it was better than registering my loss because no one else was I didn't feel like I was allowed to fall apart or talk about it	30/07/2011 15:45
Kayleigh	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	I started to think maybe we would never get past this stage and it would never happen for us. These thoughts were all consuming. I kept seeing pregnant women and new babies everywhere. People at work were announcing they were pregnant.	30/07/2011 15:43
Abigail	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	I shared it with my husband and he was very supportive and understanding but he didn't and couldn't pretend to feel what I was feeling. At my request we got a puppy in May 2009, my husband's way of trying to make me feel better and like a 'substitute baby'. I resented the dog for months as he didn't fill the gap that I felt	28/07/2011 12:47
Molly	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	I had been trying for my baby for nearly a year and had started to have day 21 ovulation tests at the hospital, getting pregnant had definitely started to become an obsession and it was really getting me down	10/07/2011 12:48
Elizabeth	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again	I desperately wanted another child and was trying to convince my partner that it was a good idea (we already had a then four year old). Obviously I had managed to get him drunk enough not to be careful	04/05/2011 21:27
Bethany	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	While I was still bleeding my husband and I talked about trying again, but by the time came that I stopped bleeding I was much too scared to start even thinking about it	23/06/2011 21:46
Elizabeth	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	We were trying for a baby after having a termination (a medical termination, tablets are taken two days apart which cause your body to abort the baby) which I completely	04/05/2011 20:36

		regretted and said we would never go through anything like that again the previous yea	
Millie	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	We returned to normality reasonably quickly with the mindset of knowing at least that I could get pregnant.	27/04/2011 21:14
Eva	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	We decided to try again after I'd had 2 periods and expected that it would take a long time this time to conceive as we were lucky the time before and it only took 2 cycles. We went on holiday to B***** at the end of February/beginning of March and when we got back ... I discovered I was pregnant again on the first month we had tried. We were both very scared and very cautious (but still told our parents the week after and I told one friend).	30/07/2011 16:41
Kayleigh	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	This time I was advised to let nature take its course but it took around 4 months before my body got back to normal but all I could think about during that time was trying again	30/07/2011 16:38
Danielle	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	It was my time to go down after I had calmed down and stopped crying. I was so nervous but knew I was having this op for a reason, to have more children!	06/05/2011 19:30
Danielle	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I thought this whole experience would put me off having more pregnancies and I told everyone I was never going through this again, I wouldn't have wished it on my worst enemy. But now 3 months later I am 8 weeks pregnant, although I haven't had the same symptoms I'm ok	30/07/2011 16:40
Georgina	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I then had HCG tests the following week, which revealed that my levels were dropping and that I was going to miscarry again. We decided to try again immediately afterwards as I had heard that women were more fertile following a m/c and my youngest was conceived without a period in between, as luckily I ovulated 14 days after the miscarriage	03/05/2011 21:06
Molly	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I immediately wanted to start trying again and just wanted to turn back the clock to 'being pregnant' again. I had my first period 3 weeks after the miscarriage and although this was traumatic to me it signalled the start of being able to 'try again'	03/05/2011 15:35
Anna	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I had a week off for this last miscarriage – I've become hardened to it, which is sad in itself. I'm now six weeks pregnant. I'm having hcg injections again and I've also got progesterone pessaries. Fingers crossed this one will work!	24/06/2011 17:48
Georgina	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I am fortunate to belong in a healthcare scheme, and have a very sympathetic doctor-he believed that for the good of my mental health I needed some answers, so was keen to refer me to a private specialist. He was lovely, carried out a barrage of blood tests and chromosomal tests, all of which showed no problems, he then recommended that as soon as I was pregnant again I start injecting with Clexane as he had found it to have a higher "take home baby rate" even without any identified problems.	10/07/2011 17:47
Abigail	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	I am considering trying for another one but neither of us can commit 100% to this decision	28/04/2011 21:34
Kayleigh	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	Anyway once I had got past my illness we tried and conceived again in the first month	24/04/2011 22:00
Kayleigh	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	A couple of months later I was diagnosed with a serious illness and had to put off trying again for a baby	23/04/2011 11:35
Elizabeth	Phases of the M experience\4 The aftermath\Obsessing with getting pregnant again\Trying for another baby	.I desperately wanted another child and was trying to convince my partner that it was a good idea (we already had a then four year old). Obviously I had managed to get him drunk enough not to be careful	04/05/2011 21:27
Kayleigh	Phases of the M experience\4 The aftermath\Physiological symptoms	This time I was advised to let nature take its course but it took around 4 months before my body got back to normal but all I could think about during that time was trying again	30/07/2011 16:38
Alicia	Phases of the M experience\4 The aftermath\Physiological symptoms	This then resulted in me being called to ***** for further investigations, the most frightening time I've ever had!!! I felt the hospital itself was awful, so depressing and everyone there (obviously!) was seriously ill, I was so scared and very emotional at this point, I felt at my lowest point, they told me that the mole could now turn cancerous and wanted to start me on cancer treatment, but this could affect my fertility and I didn't want that as we wanted a large family together	30/07/2011 15:32

Anna	Phases of the M experience\4 The aftermath\Physiological symptoms	That pregnancy affected my body: I couldn't lose any weight and I also couldn't get pregnant again. As I'd become pregnant the only two times we hadn't taken precautions – but after this second pregnancy I couldn't get pregnant again	30/07/2011 15:56
Anna	Phases of the M experience\4 The aftermath\Physiological symptoms	Physically I've been damaged by the first two pregnancies being so close together and have a permanent problem with my pelvis which causes a lot of pain	13/07/2011 17:01
Victoria	Phases of the M experience\4 The aftermath\Physiological symptoms	I had to return to hospital a week later for a d and c, the staff here were far more supportive but following the operation I was simply told that if it was a molar I would hear within 6 weeks but if not then it was all fine. A few days after the op I woke up in agonising pain, my GP said I had an infection and prescribed antibiotics and painkillers. The infection improved slightly but after a few days I was still in pain and returned to be told I needed different antibiotics. When I was still bleeding 2 weeks later I was given a swab test to check that they had given me the correct medication ( this was the 3rd different GP I had seen and all said different things.) eventually the infection cleared but I still had pain at times for at least 6 months	29/07/2011 00:42
Amelia	Phases of the M experience\4 The aftermath\Physiological symptoms	I had a follow up a few months later but I still have never got over it really. I had to stay in my maternity clothes for a while and bras for 3 months which was not nice	13/07/2011 17:10
Katherine	Phases of the M experience\4 The aftermath\Remembering\Anniversary impact	We will never forget our baby and are reminded every year as it was the same day as my husband's mother's birthday. It does help.	07/07/2011 16:58
Abigail	Phases of the M experience\4 The aftermath\Remembering\Anniversary impact	That baby would have been born in October of 2009 and when the due date was approaching I had a really tough week thinking about what could have been. I shared it with my husband and he was very supportive and understanding but he didn't and couldn't pretend to feel what I was feeling.	30/07/2011 16:48
Georgina	Phases of the M experience\4 The aftermath\Remembering\Anniversary impact	I was in shock after this one, my eldest child aged 5 at the time asked me questions about what had happened every single day for the next two months, obviously even now they do not know the cause, but his questions were things like "Why was there blood coming from your bottom?" -answer "Because I had a poorly tummy". Painful as it was to keep going over this every day, I think it helped me to deal with it, although the following year I was feeling very down, then realised it was the anniversary of this miscarriage.	13/10/2011 14:28
Georgina	Phases of the M experience\4 The aftermath\Remembering\Anniversary impact	I did break down at around the time of the due date of the first m/c baby, and saw a counsellor for two sessions, which helped immensely	03/05/2011 21:06
Molly	Phases of the M experience\4 The aftermath\Remembering\Not taking time to grieve	I do not know whether I ever properly grieved the earlier baby as I was just so desperate to replace the emptiness and loss.	03/05/2011 15:39
Abigail	Phases of the M experience\4 The aftermath\Remembering\Not taking time to grieve	I don't think that I ever really acknowledged or dealt with what happened as I still think about it a lot although I never really spoke about it I find myself talking about it more and more now which I find strange	08/07/2011 10:51
Kayleigh	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	Since having my babies I can look back and think that if I hadn't have miscarried when I did then I wouldn't have these precious children I now have, however now and again I think about how old the miscarried babies would have been now and it does make me feel sad.	13/06/2011 22:24
Molly	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	I will however never forget the feelings associated with the excitement of the other baby and the sadness of its loss. It is probably one of the worst things someone can go through, and I was definitely filled with a huge range of feelings from anger to guilt and sadness. Even in the happiness of the next few weeks, my heart still thinks of the other baby every time I go to the hospital and every time I walk past certain areas	30/07/2011 16:50
Amelia	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	I had planned to look around a new house the next day - not realising that I needed to take it easy. The nurse was really nice and considerate and the consultant very supportive and he said some really positive stuff. I had a follow up a few months later but I still have never got over it really	23/06/2011 12:53
Georgina	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	I feel that my experiences have changed me greatly, it is a constant in my mind that I have been pregnant 6 times, although I only have three children. I will never fully get over what happened, but am very grateful for my three boys	13/06/2011 15:15

Olivia	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	Even now, I feel a sense of loss for the baby I lost. I can go for days, maybe even weeks not actively thinking about it. But then I will get a moment, maybe once in a long while, where my heart just hurts for the baby that could have been	30/07/2011 17:24
Holly	Phases of the M experience\4 The aftermath\Remembering\Permanence of the memory	We went to pick our son up and I couldn't go home so we just drove and drove, I remember the song on the radio was Leona Lewis - Run. It still upsets me now when I hear it. It's the hopes and dreams that end and the anticipation of it all	30/07/2011 16:52
Kayleigh	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	Why had this happened to us when we wanted it so much	11/07/2011 20:21
Shannon	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	Losing my baby was so difficult to understand and not having any explanation made it harder	30/07/2011 17:54
Eva	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I still feel this way to an extent if I'm honest, if the miscarriage rate is 1 in 4 why did I have to be that 1?	11/07/2011 20:31
Bethany	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I kept thinking why is this happening to me, what's wrong with my body. My husband and I had had a row the night I started bleeding and I kept thinking maybe that was to blame for it etc.	11/07/2011 20:19
Victoria	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I had no follow up care from either the hospital or GP with either miscarriage. The hardest part for me was not knowing why and that no investigation would be offered until I had at least 3, bearing in mind that following each miscarriage it took me longer to conceive this is very upsetting and frustrating	28/07/2011 11:29
Georgina	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I am fortunate to belong in a healthcare scheme, and have a very sympathetic doctor-he believed that for the good of my mental health I needed some answers, so was keen to refer me to a private specialist.	11/07/2011 20:12
Eva	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I also felt guilty even though I know logically that there was nothing I could have done. I would feel guilty for complaining about feeling tired or sick and even though I know that there is often no explanation for a miscarriage I read up about it to try and make sense of what had happened.	11/07/2011 20:29
Holly	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	About 2 days after I found out I was pregnant I remember feeling very fluey and I went to bed for the day - which is not like me. I was shivering and sick. Looking back that was probably my body's way of rejecting the baby. At the time I just thought it was a horrible pregnancy symptom. I was pale and shaky-horrible when I think back to that day	21/07/2011 16:17
Kayleigh	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	A couple of months later I was diagnosed with a serious illness and had to put off trying again for a baby. In hindsight I did wonder if maybe the miscarriage was due to my body needing all its resources to fight my illness instead.	28/07/2011 11:40
Holly	Phases of the M experience\4 The aftermath\Remembering\Trying to make sense of it	I still wonder whether the baby was a boy or girl and why it died	11/07/2011 20:32
Leah	Phases of the M experience\4 The aftermath\Remembering\Ways to remember	We have also got a small 'ornament' of a little baby inside clasped hands and these things just help to focus the memories and make them part of our lives without being a huge intrusion. We wrote a card to the baby and our friends got it a little teddy	12/07/2011 09:00
Eva	Phases of the M experience\4 The aftermath\Remembering\Ways to remember	I do still like to remember the baby we lost. I light a candle of infant loss awareness day and have a little angel statue with a red stone in it (July birthstone)	07/05/2011 18:13
Amelia	Phases of the M experience\4 The aftermath\Remembering\Ways to remember	I did ask to keep the scan photo.	03/05/2011 15:07
Lucy	Phases of the M experience\4 The aftermath\Sense of support\Helpful supportive professionals	Nothing could take the pain of losing our baby away, but little things like understanding staff can make all the difference. I don't know how I would have coped if they hadn't been so understanding	13/10/2011 14:26
Grace	Phases of the M experience\4 The aftermath\Sense of support\Helpful supportive professionals	I went into the fab hospital a few times for reassurance – the staff there were great and very understanding	28/07/2011 12:45
Anna	Phases of the M experience\4 The aftermath\Sense of support\Helpful supportive professionals	I had counselling through work and also through my GP – which greatly helped	27/07/2011 23:27

Georgina	Phases of the M experience\4 The aftermath\Sense of support\Helpful supportive professionals	I found out I was pregnant on a Saturday, the consultant came away from his family business to prescribe me the clexane (if I'd been going through the NHS I would have had to wait until Monday, even though I was told the earlier you started it after a positive test, the better)	28/07/2011 12:44
Georgina	Phases of the M experience\4 The aftermath\Sense of support\Helpful supportive professionals	I am fortunate to belong in a healthcare scheme, and have a very sympathetic doctor-he believed that for the good of my mental health I needed some answers, so was keen to refer me to a private specialist. He was lovely, carried out a barrage of blood tests and chromosomal tests, all of which showed no problems, he then recommended that as soon as I was pregnant again I start injecting with Clexane as he had found it to have a higher "take home baby rate" even without any identified problems.	28/07/2011 12:44
Olivia	Phases of the M experience\4 The aftermath\Sense of support\Needing to be alone	When the miscarriage happened, I couldn't stop crying, I couldn't think, couldn't sleep and couldn't eat. In the end I took about two weeks off work. Just to get away from everyone. I couldn't stand everyone knowing, and giving me sympathy, and it all felt so false. I just wanted to be left completely alone by them all	25/06/2011 23:04
Grace	Phases of the M experience\4 The aftermath\Sense of support\Needing to be alone	I was completely thrown by my loss. I was teaching at the time and took the last two weeks of term off before the summer holidays as just didn't feel up to going into school and facing everyone. I just remember feeling lost and grieving for what could have been. It was as if my future had been suddenly wiped out.	28/07/2011 23:58
Rosie	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet	In the end I gave up on them. They offered no emotional support and I don't think seemed to understand how I was actually feeling. In the end I found comfort finding on line chat sites where women had been through similar things and could let out their emotions without being made to feel like you are over reacting.	13/10/2011 14:21
Kayleigh	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet	At the time I went on a baby loss forum and couldn't believe how lovely some of the ladies were. Some of these had experienced full term still births but still accepted that a loss in the first trimester was as devastating as their loss. I couldn't even begin to imagine how they felt	28/07/2011 23:43
Molly	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet	I was never really able to talk about how I felt, although did see a counsellor it was just too painful. I wrote on the tb forums about how my heart was just breaking and the support there was powerful	13/10/2011 14:22
Katherine	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	When I got home, I was very happy to see my daughter but kept having thoughts of the baby that we lost. S***** did help us to get over the tragedy.	13/10/2011 14:24
Georgina	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	Throughout all of these experiences I talked and talked to anyone I could (although I found the miscarriage support group too maudlin as I'm a person who prefers to look forward to what I can do to sort things out)	13/10/2011 14:27
Leah	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	My husband and I have experienced much heartache in our young lives already and we do sometimes struggle with having yet another hurt to deal with and process; but the joy our daughter gives us is incredible and we count our blessings every day for her.	13/10/2011 14:25
Shannon	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	It was with the help of friends that I was able to get on with my life	13/10/2011 14:23
Eva	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	I was massively lucky though to have a husband who would talk about things with me and I think it did make our relationship stronger.	13/10/2011 14:27
Olivia	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	I was actually very lucky with the support of my family and friends, and they gave me strength to deal with it. And day by day things did get easier.	13/10/2011 14:24
Bethany	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	I have a little boy who was 3.5 at the time, he was like my rock. I tried to keep positive around him and think that I managed to carry a baby full term once	13/10/2011 14:25

Bethany	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	I did find great comfort in talking about it with friends and family, I still do. I guess that was my way of dealing with it. So many people have been through the experience	13/10/2011 14:25
Olivia	Phases of the M experience\4 The aftermath\Sense of support\Positive social support - internet\Positive social support	He looked after me, made sure I ate, slept, and had someone to talk to. And although I wanted to be completely alone, he did not count as a person to be included in that. I raged and raged, and would tell him how much I hated him for everything, and how awful he was. And he listened, and accepted it all without a word. He would bend over backwards to look after me	13/10/2011 14:23
Abigail	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking	That baby would have been born in October of 2009 and when the due date was approaching I had a really tough week thinking about what could have been. I shared it with my husband and he was very supportive and understanding but he didn't and couldn't pretend to feel what I was feeling.	28/07/2011 12:32
Nicole	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking	I have had two miscarriages but my first one was the one that devastated me and resulted in me leaving my partner because he couldn't emotionally support me the way I needed	28/07/2011 12:35
Alicia	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking	The family were telling us that that was enough and not have any more etc, their usual supportive selves (!!!!) It didn't stop the ache and 5 months later I was expecting again, this time again the pregnancy was successful and we had another gorgeous daughter!	30/07/2011 15:29
Rosie	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\No acknowledgement of loss	There is no dignity in pregnancy but certainly not in a miscarriage it can be a painful and devastating loss yet not many people seem to see it as that. My sister who as I mentioned is a midwife refuses to accept it as a baby before twenty four weeks and I think many people believe oh well you can try again which makes you feel like the baby you just lost is replaceable but realistically never can be.	27/07/2011 22:54
Grace	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\No acknowledgement of loss	One of the hardest things was the way people were afraid to ask or talk about my miscarriage when all I really wanted to do was to talk about it and come to terms with my loss and explain how I felt. I had lots of lovely sympathy and people looked after me, took me out...but no-one really talked about it and I find that this wall of silence surrounding miscarriage is very very common	23/09/2011 16:14
Rosie	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\No acknowledgement of loss	It became a mission that I wanted to be pregnant again straight away I didn't want to wait. It's all I thought about which must sound crazy but it was better than registering my loss because no one else was I didn't feel like I was allowed to fall apart or talk about it. I cried once to my sister and she told me I was ruining our day together but the pain was killing me inside	27/07/2011 22:53
Anna	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\No acknowledgement of loss	I get cross when women say you shouldn't tell anyone about your pregnancy until 12 weeks in case you lose the baby. So, for the first three months of pregnancy – the baby doesn't matter? What do they think happens if you do lose it? That no-one will find out? Don't they think they'll need support? Up to date research suggests that you've as much chance of miscarrying at 18 weeks as you have at 10 weeks – yet GPs and midwives still suggest this 12 week rule. It gives women a false feeling of security when they have a successful 12 week scan – and that's not fair.	27/07/2011 22:55
Holly	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	Some people said to me 'oh it happens to 1 in 3 pregnancies! It's just nature.....it's normal.....it wasn't a baby. God people say the totally wrong things. I know it's not their fault and they don't know what to say but it really hurt	30/07/2011 17:40
Lucy	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	One thing which I found difficult was the attitude of others afterwards – some people just avoided me. I would rather they had spoken to me and said the wrong thing than just stayed away and pretended nothing had happened	24/04/2011 23:03
Rosie	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	My sister who as I mentioned is a midwife refuses to accept it as a baby before twenty four weeks and I think many people believe oh well you can try again which makes you feel like the baby you just lost is replaceable but realistically never can be.	26/04/2011 22:31
Samantha	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	I have one big bugbear - people who say oh it wasn't meant to be, you are young enough to have another, don't you have enough children already, well who the heck cares I really wanted the child I've just lost. People do think they are being	03/05/2011 21:16

		kind when actually they are adding to your grief, what no one needs is platitudes, if you can't be supportive keep your mouth shut, saying I'm sorry is enough. Believe me that says everything a person needs to hear at such a horrible time in their life	
Anna	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	I get cross when women say you shouldn't tell anyone about your pregnancy until 12 weeks in case you lose the baby. So, for the first three months of pregnancy – the baby doesn't matter? What do they think happens if you do lose it? That no-one will find out? Don't they think they'll need support?	12/07/2011 11:37
Erin	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	Having been on the receiving end of this brings me onto misguided sympathy comments. Favourites are "it happened for a reason" and "you can try again". Believe me, comments like that do not help. I don't care if it happened for a reason, that baby was as real to me as my two sons are. Does that make me sound slightly mad? I hope I don't. Also, trying again..... This baby was never meant to be disposable, I wanted that one, not a replacement. OK, maybe I am starting to sound a little bit bonkers now?	12/07/2011 11:38
Kayleigh	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	At the time nothing anyone could say helped and then some people decided to say (unintentionally) hurtful things like: "oh well, at least you know you can conceive which is one step up from people who have been told they can't".....true, but I still didn't know I could carry full term do I	14/06/2011 22:28
Kayleigh	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	A consultant I was seeing about my illness upon asking for my medical history said "oh well you'll get over it"	24/04/2011 22:13
Holly	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	I will never get over it and I still get really annoyed when you hear the whole 'its natural, it wasn't a baby....' to me it was a baby and I lost a baby. I find it hurtful and insensitive when people say that to me, my mother in law said ' it was better to lose the baby now than later on'....I know she was trying to help but it just didn't.	30/07/2011 17:41
Shannon	Phases of the M experience\4 The aftermath\Sense of support\Social support lacking\Things people say	I had no one to talk to and was told it was normal-especially as it was my first pregnancy. This did not make me feel any better. I was not offered any counselling and when I approached my GP he said-" Just get on with things. You will probably have more miscarriages and I am not sorting out counselling every time!	27/04/2011 21:25
Samantha	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	The most inconsiderate people by far are the medical profession, just because they see it every day doesn't make it any less painful for the person going through it. Please don't compound the pain by putting me near to where I can hear babies cry or next to the generator so no one can hear me cry	28/07/2011 12:43
Georgina	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	I was knocked sideways after my first miscarriage, partly because I had had two easy pregnancies before, partly because the baby was due just before Christmas (I'm having enormous problems this year as my sister in law is expecting a baby due on the due date of this first loss, so 4 years on and having had my son I am still in mourning for the "what might have been") , but the main reason was that I felt that I had little support from the hospital as it is very common to have one miscarriage (indeed I received far "nicer" and more supportive attention from the same staff following my 3rd miscarriage).	28/07/2011 12:42
Shannon	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	I had no one to talk to and was told it was normal-especially as it was my first pregnancy. This did not make me feel any better. I was not offered any counselling and when I approached my GP he said-" Just get on with things. You will probably have more miscarriages and I am not sorting out counselling every time!	27/07/2011 23:14
Victoria	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	I had no follow up care from either the hospital or GP with either miscarriage	28/07/2011 12:43
Erin	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	Early evening one day the phone rang and it was the Health Visitor. I wasn't really paying attention and was expecting it to be about Matt or Will but then she said "I'm phoning to arrange to come and see you about the baby you're having next month." I can't remember my exact reply but I felt like I'd been winded. It wasn't the HV's fault, there was clearly some	27/07/2011 23:15

		breakdown in communication, and it was almost palpable how awful she felt when I explained what had happened. As I'd been feeling fine, I was a little surprised at how much it upset me.	
Bethany	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	The care I received was pretty awful, didn't speak to the same person twice. No information was given to me on what I was going to experience, it was more a case of well just get on with it	29/07/2011 00:50
Rosie	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	The past few months have been so hard. I have been to the Dr and asked for help when it first happened begging for something. I was signed off work and told to go for a walk to get my endorphins working. In the end I gave up on them. They offered no emotional support and I don't think seemed to understand how I was actually feeling	27/07/2011 23:14
Nicole	Phases of the M experience\4 The aftermath\Sense of support\Support lacking- professionals	I was also given appalling and unsympathetic treatment by the hospital. The long term effects of this was that I had to have psychotherapy (CBT, schema and CAT) for a period of 4 years, some 10 years after the miscarriage	29/07/2011 00:48
Anna	Phases of the M experience\4 The aftermath\Sense of support\Things that helped	What helped me greatly was the burial service – the whole ceremony of acknowledging the existence of the babies and their brief lives was very comforting. It also means I have somewhere to visit if I feel the need	27/07/2011 23:28
Eloise	Phases of the M experience\4 The aftermath\Sense of support\Things that helped	Fortunately for me I fell pregnant some months later which resulted in a lovely little boy – I think having him was the only way to heal the pain from losing the previous baby. For those that never get pregnant again, I'm not sure how they ever recover	30/07/2011 17:49
Olivia	Phases of the M experience\4 The aftermath\Stress responses\Avoiding or being distressed by places	I am still angry with the hospital, because they never took me seriously, and kept sending me on my way. I knew there was something wrong, but they just would not help. Even now, I cannot stand that hospital. I refuse to go there.	07/07/2011 17:08
Eloise	Phases of the M experience\4 The aftermath\Stress responses\Avoiding or being distressed by places	I had to return to the hospital 6 weeks later as I was still bleeding and they believed that there may have been a bit left. Distressingly I was taken to the same scan room as the one where the previous scan had been done – but I suppose that was just a sad co-incidence	07/07/2011 17:05
Eva	Phases of the M experience\4 The aftermath\Stress responses\Avoiding or being distressed by places	My mother in law would come round everyday to think of something for us to do to keep us occupied. As it was near Christmas (The fall happened on our wedding anniversary which is the 2nd of December) she took us to a carol service near their house. Not her best idea as it was for children and so many people were there with their babies. I remember having to go away for a cry.	07/07/2011 17:11
Leah	Phases of the M experience\4 The aftermath\Stress responses\Feeling isolated	Following my miscarriage I have experienced a whole range of emotions, months of sleepless nights and really 'low' moments of feeling hopeless or despairing. I have found it a very lonely grief and quite isolating too at times	25/06/2011 23:12
Alicia	Phases of the M experience\4 The aftermath\Stress responses\Feeling isolated	again I had a D&C but everything seemed normal, my emotions were all over the place and for weeks I was a wreck, but only behind closed doors, the family - unfortunately - are not supportive and I felt very alone although my husband WAS there, but after all that had happened with the mole it just wiped me out for a few months	08/07/2011 10:57
Eva	Phases of the M experience\4 The aftermath\Stress responses\Feeling numb	I suffered from post natal depression after the birth and felt very detached from my son for a while. I think a lot of things contributed to this including a difficult labour and the hormonal changes after pregnancy but I also think that having a miscarriage contributed because I'd never fully accepted that I'd have a healthy baby at the end. I have since gone through counselling and we reached this conclusion too.	30/07/2011 17:14
Samantha	Phases of the M experience\4 The aftermath\Stress responses\Feeling numb	I went through a severe state of depression, I carried on day by day as is my wont, but inside I felt dead, I smiled, I laughed but all the time I felt I just really wanted to go hide in a corner and never come out a few months later my mum died which really kicked me even lower.	07/07/2011 12:05
Molly	Phases of the M experience\4 The aftermath\Stress responses\Feeling numb	I was signed off work for 3 weeks and wandered around numb this whole time. My body was moving and working but I felt dead inside	24/06/2011 17:44
Eva	Phases of the M experience\4 The aftermath\Stress responses\Feeling	I remember wanting to have a nice Christmas regardless and going a bit mad with the decorations as I was signed off	08/07/2011 11:10



	numb\Numbing with alcohol	work until the new year. I would get drunk at xmas parties and then get upset and my husband was the same	
Rosie	Phases of the M experience\4 The aftermath\Stress responses\Not being whole	it brought up a lot of memories I truly believe time is a good healer but you don't forget. I feel like I'm missing pieces of me no	07/07/2011 12:33
Olivia	Phases of the M experience\4 The aftermath\Stress responses\Physical symptom	I was angry, upset, frustrated, and guilty. I felt a physical pain in my heart and a tightness in my chest. And my eyes would ache, and I would want to burst into tears.	29/09/2011 15:41
Lucy	Phases of the M experience\4 The aftermath\Stress responses\Re-experiencing	I will never forget the baby we lost and the day that it happened. I can almost replay most of it in my head, like a film, and I still get very upset at times thinking or talking about it	07/07/2011 12:29
Amelia	Phases of the M experience\4 The aftermath\Stress responses\Re-experiencing	Having to wait that night still with the baby inside was awful. It felt like it was going to fall out and I felt I needed to hold my tummy up - very odd. I just could think of nothing worse than going to the loo and seeing this dead tiny baby in the toilet and then what do you do - flush it away? I did have nightmares about this afterwards.	07/07/2011 12:23
Anna	Phases of the M experience\4 The aftermath\Stress responses\Re-experiencing	For about 12 months after I relived the pain every day – it would just hit me at any point during the day	07/07/2011 12:35
Millie	Phases of the M experience\4 The aftermath\Stress responses\Re-experiencing	The D&C was the most traumatic part of the whole thing, representing a finality from which there was no going back rather than the actual procedure - as I hadn't started to bleed at all, there was always a shred of hope that a mistake might have been made. I broke down being asked to walk in to the operating theatre and vividly remember starting to shake and panic as I was being put under anaesthetic and a nurse holding my hand. For months after (and now), it was this image in my head that I remember that makes me cry, but usually only when I am alone, I can talk about it reasonably easily now, but don't bring it up in random conversation	07/07/2011 12:37
Anna	Phases of the M experience\4 The aftermath\Stress responses\Re-experiencing	I also had many bad dreams (the most recurrent one involved me going into a room where there were loads of white pillows and underneath each one was a dead baby)	07/07/2011 12:23
Grace	Phases of the M experience\5 Reflecting on the impact\Advice\for other miscarried women	I wish I had told my mum at least that I was pregnant as phoning her to explain I had had a miscarriage was so hard to do. I was completely thrown by my loss.	21/07/2011 20:10
Katherine	Phases of the M experience\5 Reflecting on the impact\Advice\for other miscarried women	For any other women who have lost their babies, there is hope. Take your time and when you think the time is right to try again. It did help that we had S***** to help us to heal. We wouldn't be without our 2 gorgeous girls now. Hope this helps any other people who have been through what we have.	01/08/2011 12:34
Erin	Phases of the M experience\5 Reflecting on the impact\Advice\for other miscarried women	I didn't talk about it and probably seemed ok on the outside but on the inside I was broken hearted, still am at times but now they are few and far between. If you are sadly reading this having gone through a similar experience, it does get easier and less painful but it isn't fair, and take as much time as you need.	01/08/2011 12:34
Anna	Phases of the M experience\5 Reflecting on the impact\Advice\for professionals	I get cross when women say you shouldn't tell anyone about your pregnancy until 12 weeks in case you lose the baby. So, for the first three months of pregnancy – the baby doesn't matter? What do they think happens if you do lose it? That no-one will find out? Don't they think they'll need support? Up to date research suggests that you've as much chance of miscarrying at 18 weeks as you have at 10 weeks – yet GPs and midwives still suggest this 12 week rule. It gives women a false feeling of security when they have a successful 12 week scan – and that's not fair.	21/07/2011 20:09
Eloise	Phases of the M experience\5 Reflecting on the impact\Advice\for professionals	I never had any support offered – I could have gone to my GP and asked for it I suppose – but I think it should be standard practice for miscarriages.	21/07/2011 20:08
Millie	Phases of the M experience\5 Reflecting on the impact\Advice\for professionals	I don't think any additional support could have helped me through pregnancy, unless they were offering daily scans or some other unrealistic option.	21/07/2011 20:09
Lucy	Phases of the M experience\5 Reflecting on the impact\Advice\for professionals	Because we were so far on they treated us as though we were having a still birth, even although before 24 weeks it is classed as a miscarriage, and that made such a difference to us. We had after all given birth to a little tiny baby boy, perfectly formed, just born too early to survive. I think	20/09/2011 17:47

		everyone who has a miscarriage should be treated as if they have lost a baby, no matter how early or late the miscarriage is	
Lucy	Phases of the M experience\5 Reflecting on the impact\Advice\for the community	One thing which I found difficult was the attitude of others afterwards – some people just avoided me. I would rather they had spoken to me and said the wrong thing than just stayed away and pretended nothing had happened	21/07/2011 20:07
Samantha	Phases of the M experience\5 Reflecting on the impact\Advice\for the community	I have one big bugbear - people who say oh it wasn't meant to be, you are young enough to have another, don't you have enough children already, well who the heck cares I really wanted the child I've just lost. People do think they are being kind when actually they are adding to your grief, what no one needs is platitudes, if you can't be supportive keep your mouth shut, saying I'm sorry is enough. Believe me that says everything a person needs to hear at such a horrible time in their life	21/07/2011 20:08
Grace	Phases of the M experience\5 Reflecting on the impact\Advice\for the community	One of the hardest things was the way people were afraid to ask or talk about my miscarriage when all I really wanted to do was to talk about it and come to terms with my loss and explain how I felt. I had lots of lovely sympathy and people looked after me, took me out...but no-one really talked about it and I find that this wall of silence surrounding miscarriage is very very common	21/07/2011 20:08
Erin	Phases of the M experience\5 Reflecting on the impact\Advice\for the community	What you could say is "I am so sorry" and that's probably enough. Also tread carefully with news of other babies and pregnancies. A good friend had a gorgeous baby girl the Tuesday after this happened and she sent me a text picture, which normally I'd have loved but I wasn't expecting it and I can't put into words what it felt like opening the picture. But then I couldn't tell my friend as I didn't want to make her feel awkward. If you know someone who has lost a baby I'm hoping this will give you an idea as to what they might be going through.	21/07/2011 20:07
Erin	Phases of the M experience\5 Reflecting on the impact\Changed perception self	In the past, I'm ashamed to admit, I probably haven't given miscarriage the consideration it deserves. When I heard that it had happened to someone, I was sorry for them but I'd be too embarrassed to ask them how they were feeling and if they wanted to talk.	23/09/2011 16:22
Millie	Phases of the M experience\5 Reflecting on the impact\Changed perception self	I would have bounded along being blissfully pregnant with little thought to what experiences others have had - as it was not until after this time that I found out quite how many people I knew who had suffered similar - but few talk about it (including me). I really do not know how women suffering repeated mc / ftc cope day to day and I admire their strength hugely, used to think people should just accept that they may not be able to have children but can understand the lengths people go to now, even if I am not sure I would pursue myself	24/09/2011 17:18
Anna	Phases of the M experience\5 Reflecting on the impact\Changed perception self	I had a week off for this last miscarriage – I've become hardened to it, which is sad in itself. I'm now six weeks pregnant. I'm having hcg injections again and I've also got progesterone pessaries. Fingers crossed this one will work! I am no longer concerned about work – I studied in my late 20s and early 30s to become a lecturer in order that I could support a family. Now, that no longer matters to me.	23/09/2011 15:42
Kayleigh	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	Since having my babies I can look back and think that if I hadn't have miscarried when I did then I wouldn't have these precious children I now have, however now and again I think about how old the miscarried babies would have been now and it does make me feel sad.	23/09/2011 15:47
Millie	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	Overall, I think I have come out fairly unscathed, it was obviously a very sad thing to happen, and it definitely stopped me enjoying my subsequent pregnancies as much as I should have done but I have been fortunate enough to now have two wonderful children	23/09/2011 15:52
Leah	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	My husband and I have experienced much heartache in our young lives already and we do sometimes struggle with having yet another hurt to deal with and process; but the joy our daughter gives us is incredible and we count our blessings every day for her.	23/09/2011 15:50
Rosie	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	I thanked her for the scan picture she had given me and was so grateful I had something to look at because I didn't before. I didn't want to try again this time I understood I couldn't	23/09/2011 15:56

		replace what was lost	
Lucy	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	I didn't want to leave him on his own which perhaps sounds bizarre but it was important to me at the time. They took some photographs, and hand and footprints. We were very lucky in a way because we were able to do this and have something to keep to remember him - had we had an earlier miscarriage then that wouldn't have been possible	23/09/2011 15:48
Georgina	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	I did find that these experiences greatly affected my pregnancy and early days with my youngest son, when I had pregnancy aches etc, I didn't complain, instead thing "a year ago I would have been desperate to feel like this", I found that this attitude continued after he was born as I loved the night feeds and did not get stressed too much with life with a newborn as I was just glad he was here	23/09/2011 15:53
Abigail	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	I am trying to take from all of this a lesson that life is messy and random and also to try & appreciate my 3 year old more in all his complex, noisy and testing ways whilst he is still small enough to sit on my lap and be thrilled to kiss me and tell me that I am his girlfriend. I was wishing away his babyhood, but now I feel like this may be it for me on the baby front so I am going to try harder to be a nicer and more patient mummy to him and make the most of it whilst I can.	23/09/2011 15:53
Alicia	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	Hopefully some of my rantings will be helpful to your research, especially where the molar pregnancy is, there is so little talked about on this subject, it's kind of tucked away in a little corner until it rears its ugly head, I'm so grateful that my outcome was a good one and feel very humble and privileged to be where I am today	23/09/2011 15:55
Holly	Phases of the M experience\5 Reflecting on the impact\Feeling of being grateful	I also feel guilty that in a way I am glad it happened !! as I wouldn't have my gorgeous little girl if that pregnancy had carried on.....it's all very complicated but I suppose everything happens for a reason	23/09/2011 15:58
Holly	Phases of the M experience\5 Reflecting on the impact\Lost dreams	We went to pick our son up and I couldn't go home so we just drove and drove, I remember the song on the radio was Leona Lewis - Run. It still upsets me now when I hear it. It's the hopes and dreams that end and the anticipation of it all	23/09/2011 16:17
Rosie	Phases of the M experience\5 Reflecting on the impact\Lost dreams	It isn't just the loss but every mile stone you face in the future you had dreamed about when you were pregnant. There is no dignity in pregnancy but certainly not in a miscarriage it can be a painful and devastating loss yet not many people seem to see it as that	23/09/2011 16:16
Grace	Phases of the M experience\5 Reflecting on the impact\Lost dreams	I was completely thrown by my loss. I was teaching at the time and took the last two weeks of term off before the summer holidays as just didn't feel up to going into school and facing everyone. I just remember feeling lost and grieving for what could have been. It was as if my future had been suddenly wiped out.	23/09/2011 16:13
Grace	Phases of the M experience\5 Reflecting on the impact\Making difficult choices	One of the tests was an x-ray – my little girl had had a day of tests and was sobbing and terrified – I was on my own with her. I was determined to go into the x ray room with her – they asked if there was any chance I could be pregnant – I lied and said no. A week later I had a really really heavy period with clots and I believe that it was an early miscarriage (I had missed periods but had not tested ). I was sad again but felt that this decision had been for a real reason and given the choice again I still would have chosen to be there for my girl	23/09/2011 15:54
Eva	Phases of the M experience\5 Reflecting on the impact\Making difficult choices	I am now recovering from my depression and enjoy being a mother. I would like another baby one day but want quite a big age gap - my blood pressure never properly went down and I would like to be in good health and have a bit more money (if that's ever possible with a child!)	23/09/2011 15:57
Kayleigh	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Developing a philosophical narrative about the miscarriage	Since having my babies I can look back and think that if I hadn't have miscarried when I did then I wouldn't have these precious children I now have	24/04/2011 22:15
Louise	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Developing a philosophical narrative about the miscarriage	Afterwards a further scan revealed that everything had come away (thank god - I was dreading having to have a 'scrape'), but also that I was anaemic, and I also found out I have rhesus negative blood.	20/10/2011 22:57

		Looking back it has made me a stronger person for dealing with the blood guts and pain all by myself , and made me realise that I wasn't ready for a child. I have also started to eat meat again, and feel much fitter. The fact that I was a vegetarian since the age of 14 had probably made me anaemic.	
Georgina	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Developing a philosophical narrative about the miscarriage	I feel that my experiences have changed me greatly, it is a constant in my mind that I have been pregnant 6 times, although I only have three children. I will never fully get over what happened, but am very grateful for my three boys	08/07/2011 11:03
Abigail	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Developing a philosophical narrative about the miscarriage	I believe it wasn't meant to be for whatever reason and unlike the first time I don't feel the utter despair and despondency as I am already a mother and certainly am not lacking in the children department. Interestingly my husband who was so set against the baby was really sad (mostly for me) and said we can try again whereas I feel like I have no desire to. Almost like it was an experiment to see how 3 kids would feel and for me it feels too much. Maybe this was just my way of coping	08/07/2011 10:48
Leah	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Developing a philosophical narrative about the miscarriage	Following my miscarriage I have experienced a whole range of emotions, months of sleepless nights and really 'low' moments of feeling hopeless or despairing. I have found it a very lonely grief and quite isolating too at times. I do, however, have a strong faith in a merciful and trustworthy God who hears my every cry and has already blessed me with one beautiful, sunny little girl and I know His plans for my life are good. I have clung to Him and He has comforted and sustained me	28/07/2011 23:33
Amelia	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Difficulty integrating the experience	The nurse was really nice and considerate and the consultant very supportive and he said some really positive stuff. I had a follow up a few months later but I still have never got over it really.	11/07/2011 15:35
Samantha	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Difficulty integrating the experience	It took until my youngest was 2 (after the most worrying pregnancy - will I go to term, will I miscarry, will I have another stillbirth and then guilt because I was happy my little boy was alive and I'd lost all the others) to really feel normal again	28/07/2011 11:37
Abigail	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Difficulty integrating the experience	I don't think that I ever really acknowledged or dealt with what happened as I still think about it a lot although I never really spoke about it I find myself talking about it more and more now which I find strange.  I justify what happened by telling myself that there was something wrong with the baby and it was nature's way of sorting it out, or sometimes I tell myself that it was because I wasn't meant to have any more kids, or sometimes I blame myself for not taking any extra progesterone but I feel almost worse about it now than I did back then. I suppose I feel like I was robbed of my baby, like I was treated unfairly by it being taken away from me. I am considering trying for another one but neither of us can commit 100% to this decision. I'm not sure I could cope or risk it happening again. I am very good at burying all of my feelings but am afraid it would bubble up and over if this was to happen again.	01/08/2011 12:30
Rosie	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Difficulty integrating the experience	If you made it through that thanks lol it brought up a lot of memories I truly believe time is a good healer but you don't forget. I feel like I'm missing pieces of me now	15/07/2011 09:21
Eva	Phases of the M experience\5 Reflecting on the impact\What sense can be made of all this?\Difficulty integrating the experience	I also went through feeling how unfair it was, I think this is a pretty common reaction, I have 2 friends who smoked through their pregnancies and both went on to have healthy babies whereas I did everything right. I still feel this way to an extent if I'm honest, if the miscarriage rate is 1 in 4 why did I have to be that 1	21/07/2011 20:19
Molly	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Cathartic effect of writing?	That is my story, thank you for taking the time to read it	15/07/2011 09:07
Millie	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Cathartic effect of writing?	Thanks for reading if you've got this far - first time I have written it down really.	27/04/2011 21:21
Louise	Phases of the M experience\5 Reflecting on the impact\What was	I hope this story is useful, it's been good to write it all down	04/05/2011 20:35

	helpful?\Cathartic effect of writing?		
Erin	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Cathartic effect of writing?	I've missed the Experiences themed newsletter but I wasn't ready to write this then. Now I feel that I am able to write about my experience of losing a baby	15/07/2011 08:28
Olivia	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Cathartic effect of writing?	Honestly, I toyed with the idea of talking to you when I first saw the request. And ummed and arred about it for quite a while beforehand. It's been quite cathartic to talk about it to someone after all this time, and although it hurts, I'm glad I have done.	23/09/2011 16:01
Eva	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Counselling etc...	I suffered from post natal depression after the birth and felt very detached from my son for a while. I think a lot of things contributed to this including a difficult labour and the hormonal changes after pregnancy but I also think that having a miscarriage contributed because I'd never fully accepted that I'd have a healthy baby at the end. I have since gone through counselling and we reached this conclusion too.	23/06/2011 12:46
Anna	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Counselling etc...	I had counselling through work and also through my GP – which greatly helped	23/06/2011 21:41
Nicole	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Counselling etc...	I feel I am 'healed' now, but only thanks to the therapy	01/08/2011 13:11
Olivia	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Counselling etc...	I ended up going to see a counsellor a couple of times. I talked with her about how I felt about my ex, about my life, and about the miscarriage. She made me see that it wasn't my fault, some things just happened. She helped me understand why I felt the way I did, and that I was behaving appallingly to my partner, and helped me come to terms and let go of some of my anger.	12/07/2011 11:58
Georgina	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Counselling etc...	I did break down at around the time of the due date of the first m/c baby, and saw a counsellor for two sessions, which helped immensely	21/07/2011 20:37
Leah	Phases of the M experience\5 Reflecting on the impact\What was helpful?\Faith and hope	I know this experience makes me more fearful about a subsequent pregnancy, even about how 'easy' it will be to conceive with just one ovary and every time I have to give my medical history inside my heart hurts (almost 'stings' with grief) but it is a part of my journey and I have to trust God is still working on me & with me & through me and to not have any hope for the future would be a far worse place to be in	23/09/2011 15:52

## **APPENDIX VI**

### **Databases, search terms used and other sources of information used in this study**

All literature reviewed was located through the University of Chester Learning Resources system. Most frequently used databases (via EBSCOhost) were:

- SocINDEX;
- CINAHL Plus;
- PsycARTICLES;
- PsycBOOKS;
- Psychology and Behavioral Sciences Collection;
- PsychINFO;
- EBook Collection.

The Wiley Online Library and IngentaConnect were also accessed. The author is a member of several associations which provide access to journals on their websites, viz:

- British Psychological Society (BPS),
- United Kingdom Psychological Trauma Society (UKPTS),
- European Society for Traumatic Stress Studies (ESTSS).

#### **Search terms used:**

trauma, loss, miscarriage; trauma, miscarriage, support, needs; trauma, social, support, miscarriage; trauma, relationships, miscarriage; miscarriage, unresolved, trauma; miscarriage, social, support; perinatal, death, care; miscarriage, chat-rooms; miscarriage, cyberspace, support; wellbeing, perinatal.